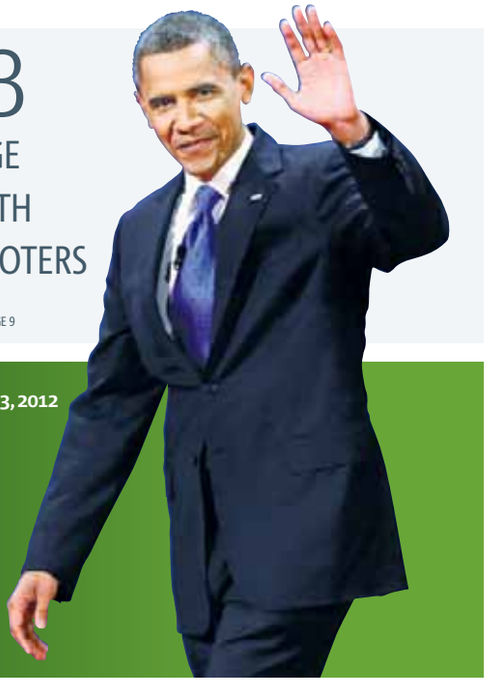
Hearty but healthy soup

Ditch the cream and butter and try evaporated milk in this corn chowder PAGE 19

FACEOFF NO. 3

BARACK OBAMA FIGHTS FOR THE EDGE ON FOREIGN POLICY AS HE DUELS WITH MITT ROMNEY TO WOO AMERICAN VOTERS IN THE FINAL PRESIDENTIAL DEBATE PAGE 9



VANCOUVER metro®

Tuesday, October 23, 2012

News worth sharing.

metronews.ca | twitter.com/vancouvermetro| facebook.com/vancouvermetro

Yearbook bullying victim gets his apology at last

North Vancouver. Robin Tomlin's 1970 write-up was replaced by a homophobic slur

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Robin Tomlin finally got closure Monday morning, 42 years after a homophobic slur appeared next to his Grade 12 photo in his high school yearbook.

Tomlin, who was severely bullied in high school, received a face-to-face apology from the North Vancouver School District after unidentified classmates replaced his 1970 Argyle Secondary School yearbook write-up with the word "f-g."

The 60-year-old, who now lives in the West Kootenays, met with school-district officials at a private meeting inside Argyle Secondary where he got his apology and a revised yearbook, while his supporters waited outside.

His yearbook entry now reads that his ambition is to "Meet as many people from all over the world as I can and I WANNA BE A COWBOY."

"I just feel joy and happiness," he said outside Sutherland Secondary, after addressing a social-justice class about bullying. "I hope I got a message out to the students to never give up."

He said the students asked a lot of great questions. They wanted to know how he dealt with bullying, what his advice is for victims now, what's wrong with the school system and how it should be fixed.

"Bullying itself is everybody's problem," Tomlin said. "Kids have the most power of all to stop it. They just need support from the school board, their parents and everybody. We're supposed to protect our children, right? Then let's do it."

He also urged bullying victims to avoid carrying the burden on their own.

"Go to somebody you trust, like a good friend, and tell them," he said. "All I had to do was tell my friends. Don't hide it.... Find somebody older you completely trust and get help."

Tomlin celebrated with his friends, family and some of his old high school classmates at a grad party Monday night.

Robin Tomlin shows off a revised copy of his 1970 Argyle Secondary School yearbook Monday outside Sutherland Secondary, where he addressed a social-justice class about bullying. Tomlin met with school-district officials earlier at Argyle Secondary, where he received an official apology more than four decades after a homophobic slur appeared next to his Grade 12 photo in the school yearbook. PHYLICIA TORREVILLAS/METRO

'It consumes your whole life'

Canadian physicist answers the call of Mars as he helps conduct tests via the Curiosity rover PAGE 10

Reilly lined up for second start

Lions QB is getting some extra attention after his first start, but Lulay hasn't been totally ruled out for Friday's game PAGE 21

smooth

pumpkin-y

Pumpkin Spice Latte is here. But not for long.

Made with Starbucks signature espresso,
and freshly steamed milk. Enjoy one at Starbucks today.

starbucks.ca/fall

Like StarbucksCanada
Follow @StarbucksCanada

© 2012 Starbucks Coffee Canada. All rights reserved.

Pursuing fraudsters

Feds say proving marriage fraud is often too challenging

A spokesman for the B.C. Ministry of Social Development explained that all Canadians who sponsor a foreign spouse to come live permanently in Canada must sign a sponsorship agreement with the federal government called an "undertaking."

The agreement is a promise to provide medical, financial and other basic supports to their spouse for a period of three to 10 years in order to help them settle in Canada.

He said Heinz Munz's $25,000 debt to the province for Polina Telyuk's expenses will be valid until Citizenship and Immigration Canada (CIC) advises his ministry that the undertaking is void due to marriage fraud.

CIC could not be reached for comment by Metro's deadline, but Immigration Minister Jason Kenney told CBC that complaints like Munz's are often not pursued very far because it's too hard to prove the sponsored spouse didn't intend to stay married from the beginning.

Munz's lawyer said Monday she has an articling student researching ways to appeal the Canadian Border Services Agency's decision not to pursue a fraud investigation against Telyuk.

KATE WEBB/METRO

Follow Kate Webb on Twitter @MetroK8

Polina Telyuk and Heinz Munz married in June 2007 after a four-month courtship. Telyuk immediately left her new husband with $25,000 in debt. CONTRIBUTED

Russian bride leaves elderly widower with $25,000 welfare bill

Lost in love. 82-year-old's dating-site search after 50-year marriage lands him in debt

KATE WEBB
kate.webb@metronews.ca

An 82-year-old B.C. pensioner is struggling to pay $25,000 back to the government for social assistance collected by a Russian woman he married and who left him the day after she got her permanent-resident status.

Heinz Munz lost his first wife to a heart attack in 2001 after 50 years of marriage. He was lonely and looking for love on PlentyofFish.com in 2007 when he met Polina Telyuk, who was 10 years younger. She was staying with her daughter in Burnaby on a visitor's visa that had already been extended twice.

At first, he said, she seemed to be everything he was looking for.

"She was very nice, the family was very nice and I thought, 'My God, that's the right person,'" Munz told Metro on Monday, after going public with his story on CBC.

"Everybody loved her. My family, everybody," he said. "There was nothing wrong. We never had a fight."

Telyuk came to stay with him for five weeks at his home in Black Creek, near Courtney on Vancouver Island, but then said she had to return home to Siberia to visit family. While she was gone, he got an email from Telyuk's daughter.

"She said her mother is old-fashioned, she cannot stay with me without being married," he recounted.

Munz obliged and the two tied the knot in the summer of 2007.

Telyuk's daughter then instructed immigration officials to send her mother's permanent-residency card to her home, rather than Munz's, he said.

The day after it arrived was the last time he saw his wife. She and her daughter took off in a taxi from his home without giving him any hint of their plans.

"They were laughing and laughing the day she left," he said.

Munz, who owns his home and lives on a pension of $1,600 a month, was shocked when the government later sent him a bill for nearly $25,000 in social assistance Telyuk had collected after leaving him.

Quoted

"That was the last I heard from her, except for the lawyer later."

82-year-old Heinz Munz, on his new wife's disappearance immediately after she received her permanent-residency card.

9th ANNUAL VANCOUVER SNOWSHOW
SKI ❄ BOARD ❄ SKATE ❄ TRAVEL ❄ SWAP
FRIDAY, OCTOBER 26
SATURDAY, OCTOBER 27
THE FORUM, VANCOUVER PNE

CANADIAN SKI PATROL'S Winter Extreme® Ski & Board Swap
3RD LARGEST SWAP IN CANADA, THE LARGEST IN BC!

VANCOUVERSNOWSHOW.COM

Thousands of Northern Gateway opponents rally at B.C. legislature

Sit-in. Protesters warn of loss of federal Tory seats in province, civil disobedience if pipeline proceeds

Thousands of protesters who packed the front lawn of the British Columbia legislature Monday yelled a thunderous "Yes" when asked if they were willing to lie down in front of pipeline bulldozers if the Northern Gateway project is approved.

After asking the question, Coastal First Nations executive director Art Sterritt told the crowd his organization has been fighting against the proposed pipeline for seven years.

"Let's send a message to them that we have to make a difference," he yelled.

Sterritt warned that the federal Conservatives stand to lose their 26 seats in B.C. if the pipeline proceeds.

"They also think in Ottawa they can jam this thing over the backs of British Columbians. What are you willing to do to stop them? Are you willing to lay down in front of the bulldozers?" said Sterritt as the crowd yelled "Yes."

But while Sterritt was advocating civil disobedience during the pipeline's construction phase, there were no such acts Monday during a sit-in organized by First Nations, unions and environmental groups.

The demonstration was aimed at sending a message to provincial and federal governments about the plan to pipe crude from the Alberta oil sands to a tanker port in Kitimat.

While organizers had said they wanted a peaceful protest, some people were lining up at a Greenpeace tent to sign legal forms to participate in what the group's officials said could become an act of civil disobedience.

Peter McHugh, spokesman for the group Defend Our Coast, said demonstrators do not take such action lightly.

"We mean to deliver a message to Christy Clark and the federal government that British Columbians oppose these tarsands, tankers and pipelines," McHugh said.

He said he wanted the protest to show that opponents of the project run the gamut from grandmothers to business owners.

THE CANADIAN PRESS

Protesters take part in a mass sit-in in front of the British Columbia legislature in Victoria on Monday to protest the proposed Northern Gateway pipeline. JONATHAN HAYWARD/THE CANADIAN PRESS

It's beginning to look a lot like ski season

An early-season storm dumped more than 30 centimetres of snow on Grouse Mountain over the weekend. EMILY JACKSON/FOR METRO

Don't let the snow on the mountains fool you — it's not quite time to drag your snowboard out of storage.

An early-season snowstorm dusted the North Shore mountains with up to 33 centimetres of snow this weekend, forcing Metro Vancouver to shut the Grouse Grind for safety reasons on Monday.

The snow hit Grouse Mountain four days earlier than last year, spokeswoman Sarah Lusk said.

While the grind isn't permanently closed for the season — Metro will reassess trail conditions next week — winter sports could start early if "Mother Nature behaves."

"It looks like more snow Friday night and maybe tonight," Lusk said. "Here's hoping."

While Environment Canada predicts some flurries in the mountains and rain in Vancouver throughout the week, meteorologist David Jones said the weather is expected to warm up over the weekend.

"Whatever's out there is going to melt over the weekend," he said. Ski lovers will "be feeling a little disappointed this weekend."

At Mt. Seymour, powder-lovers were so excited about the snow they hiked up with their snowboards for a few runs down the mountain, spokeswoman Anna Rowinska said. (The provincial park still has open hiking trails.)

"We don't encourage it, as there's not a lot of terrain covered," she said, noting rocks and branches are protruding on the trails. For safety reasons, she recommends waiting a few weeks until ski season, which typically starts in mid-November.

Whistler Blackcomb got the least snow over the weekend, with an estimated 10 to 15 cm on the ground, said spokeswoman Laura Gallant. Depending on snowfall, the mountain could open sooner than the planned Nov. 22 start date.

But those anxious to hit the slopes might not have to wait as long at Cypress Mountain.

"We turned on our snow guns this morning," spokesman Joffrey Koeman said, adding the seven machines couldn't make snow until Nov. 1 last year due to higher temperatures. Last year's Nov. 8 opening was the earliest in the hill's history.

EMILY JACKSON/FOR METRO

Labour talks

As UBC support staff reach tentative deal, another local sets strike vote

The union representing 2,000 support staff at the University of British Columbia has reached a tentative contract that gives them some modest gains.

Local 116 members of the Canadian Union of Public Employees says the four-year deal contains no wage hikes in the first two years, and two per cent increases in both the third and fourth years, plus wider access to the staff pension plan.

Meanwhile, another CUPE local at the university that represents teaching assistants, tutors and sessional instructors is still without a contract, and the union has set a strike vote for Wednesday.

THE CANADIAN PRESS

Shooting death

Man gets 18 months in jail for killing his father

A 24-year-old man who shot his father five times during target practice has been sentenced to 18 months in jail and two years probation.

B.C. Supreme Court Justice Nathan Smith said seizures affected Alphonse Brendon Menard's judgment the day his father, Tony, was killed.

But Smith noted that Menard knowingly created a dangerous situation with lack of sleep, alcohol and stress, and while his body was operating normally, his mind wasn't.

The shooting happened in July 2010, during a family camping trip near Bamfield, on the west coast of Vancouver Island.

THE CANADIAN PRESS

Vernon area

Trial of 5 men in gang-linked drug killings heading to jury soon

The lengthy B.C. Supreme Court trial of five men accused in the drug-related murders of three other men in the Vernon area will likely go to the jury in mid-November.

Peter Manalakos, Dale Sipes, Leslie Podolski, Douglas Brownell and Sheldon O'Donnell all pleaded not guilty when the trial opened in Vancouver in May of 2011.

Police say the accused were members of a gang called the Greeks that controlled Vernon's cocaine trade several years ago.

They are accused in the deaths of Dave Marnuik, Ronald Thom and Thomas Bryce in 2004 and 2005.

THE CANADIAN PRESS

Every generation needs new ideas.

The all-new 2013 Accord.

We didn't just advance the Accord, we completely redesigned it. There are entirely new features like HondaLink™, Lane Departure Warning, and LaneWatch™ Blind Spot Display. These new ideas define the next generation of Accord and will redefine the way you drive.

Lease the **Accord Sedan LX 6MT** for $299# | 2.99%*
APR per month for 36 months. $2,505 downpayment OAC.

MSRP $25,630** Includes freight and PDI.

ABBOTSFORD
THE HONDA WAY
604-857-1430 D8292

CHILLIWACK
MURRAY HONDA
604-792-2724 D8441

PORT MOODY/ COQUITLAM
WESTWOOD HONDA
604-461-0633 D5933

WHITE ROCK
WHITE ROCK HONDA
604-536-2111 D6911

LANGLEY
JONKER HONDA
604-530-6281 D8825

MAPLE RIDGE/ PITT MEADOWS
MARV JONES HONDA
604-465-5464 D5108

VANCOUVER
CARTER HONDA
604-736-2821 D7713

VANCOUVER
KINGSWAY HONDA
604-872-3676 D8508

VANCOUVER
VANCOUVER HONDA
604-324-6666 D8185

SURREY
SURREY HONDA
604-583-7421 D10482

RICHMOND
RICHMOND HONDA
604-207-1888 D5597A

BURNABY SOUTH/ NEW WEST
OPENROAD HONDA
604-525-4667 D7825

BURNABY NORTH
HAPPY HONDA
604-294-2111 D5692

NORTH & WEST VANCOUVER
PACIFIC HONDA
604-984-0333 D5583

bchonda.com

HONDA

#Limited time lease offer based on a new 2012 Honda Accord Sedan LX 6MT model CR3JKCEX. 2.99% lease APR for 36 months O.A.C. Monthly payment, excluding freight and PDI, is $299. Downpayment of $2,505.55, first monthly payment, environmental fees and 5% security deposit due at lease inception. Total lease obligation is $13,281.15. Taxes, licenses, insurance and registration are extra. $2,000 kilometre allowance, charge of $0.12/km for excess kilometres. **MSRP is $25,630 excluding freight and PDI of $1,040 based on a new 2012 Honda Accord Sedan LX 6MT model CR3JKCEX. PPSA, licence, insurance, taxes, and other dealer charges are extra and may be required at the time of purchase. Dealer may sell for less. Dealer trade may be necessary on certain vehicles. ***0% Offers valid from October 1st through November 30th, 2012 at participating Honda retailers. Offers valid only for Estate, Columbia residents at BC Honda Dealer locations. Offer subject to change or cancellation without notice. Some restrictions apply. Visit www.bchonda.com or see your Honda retailer for full details.

Transparency. Council to reform B.C. justice system

The B.C. government has outlined a series of changes designed to reform the province's sluggish justice system, focusing on making the system more streamlined and transparent rather than increasing funding and judges.

The government ordered a review this year, which concluded the province's justice system is plagued by a "culture of delay" that has led to long legal backlogs. Justice Minister Shirley Bond has released the first of two papers outlining her government's plans, with the second expected early next year after the final report from the Robert Pickton inquiry.

The paper says the government will create a Justice and Public Safety Council, which will oversee reforms, create a yearly plan and establish methods to measure performance.

The paper says the government will use technology to make the system more efficient, such as through increased electronic filing, and will work with the provincial court on a new scheduling system. THE CANADIAN PRESS

Unspecified

The government says it will work with the judiciary to determine an appropriate number of provincial court judges, but the paper doesn't make specific promises of new money, nor does it contain any specific plans for new judges.

Penticton

Killed mountain biker identified

Robert Allan Mason, 53, an experienced mountain biker from Penticton, has been identified as the man killed on a popular bike trail near Naramanta Sunday. THE CANADIAN PRESS

Two dead in crash

Survivor released from hospital

Crash victim Ryan Urlacher, 19, is at home while Brianna Frohlich is in stable condition in hospital after a truck rollover that killed two people in Peachland. CHNL/THE CANADIAN PRESS

Majority of B.C. voters still support carbon tax

The B.C. government does not plan to raise or expand the carbon tax, but a poll suggests there is support for that if the revenue is used for social spending. JOE RAEDLE/GETTY IMAGES

Poll. 71% would support future rate increases if the revenue was for health care, education

KATE WEBB
kate.webb@metronews.ca

The majority of British Columbians continue to support the province's carbon tax, and slightly more are in favour of using the revenue for social spending rather than keeping it revenue neutral, a recently released poll suggests.

The tax was implemented in 2008 at $10 per tonne of greenhouse-gas pollution, rising by $5 per year until it reached $30 per tonne on July 1 of this year. Angus Reid surveyed a representative sample of 1,035 people about the carbon-pricing initiative from July 12 to 14 this year for the Pembina Institute.

The B.C. government, led by the Liberals, is reviewing all aspects of the carbon tax, including its revenue neutrality, and is considering ways to mitigate its impact on the competitiveness of food producers. It does not expect to increase or expand it, and will announce the results of the review next year before the May election.

The poll found 71 per cent of British Columbians were supportive of future rate increases if the revenue would be used for health care and education, and 67 per cent were supportive if it would be used for projects that help reduce pollution, such as transit and more energy efficient buildings.

Sixty-two per cent said they would support future increases if revenues would be used to reduce personal income taxes, while 58 per cent would support it if they were used to protect low-income households.

Pollution reduction

67%

Sixty-seven per cent of British Columbians support a carbon tax if revenues are used to help reduce pollution, improve transit and promote energy-efficient buildings.

National Cruise Vacation Week Sale | October 21 – 27

SAIL FREE We've best any cruise quote or you sail free.

The World's Largest Cruise Sale!

October 21 – 27

Special offers* from over 25 cruise lines including:

Complimentary upgrades • Onboard credits • Free airfare • 2 for 1 Cruise fares • And more!

Call a Cruiseabout agent for more details.

Cruise Packages

Las Vegas 7 nights + air
Westerdam, sails from San Diego.
FEATURES Victoria and Vancouver.
WITH all airfare and accom on the Las Vegas Strip.
Inside from $799

Southern Caribbean 7 nights + air
Adventure of the Seas, sails from San Juan.
FEATURES Virgin Islands, St Maarten, Antigua, St Lucia and Barbados.
WITH roundtrip airfare.
Inside from $1437

Hawaii 14 nights + air
Zaandam, sails from San Diego.
FEATURES Big Island, Maui, Oahu, Kauai and Ensenada (Mexico).
WITH roundtrip airfare.
Inside from $1799

Panama Canal 15 nights + air
Celebrity Century, sails from San Diego.
FEATURES Cabo San Lucas, Puerto Vallarta, Puerto Quetzal, Punta Renas, Panama Canal, Colon, Cartagena and Fort Lauderdale. WITH roundtrip airfare.
Inside from $1899

Caribbean

Western Caribbean 7 nights
Navigator of the Seas, sails from New Orleans.
FEATURES Falmouth, Grand Cayman and Cozumel.
Inside from $421

Eastern Caribbean 7 nights
Celebrity Reflection, sails from Miami.
FEATURES Puerto Rico, St Maarten and St Kitts.
Oceanview from $933

River Cruises

Danube Holiday Markets 8 nights
River Beatrice, sails from Passau.
FEATURES Linz, Wachau Valley, Krems, Vienna, Bratislava and Budapest.
Outside from $2433

Europe Rhine 8 nights
Avalon Artistry II®, sails from Amsterdam.
FEATURES Cologne, Koblenz, Rhine Gorge, Rudesheim, Mainz, Heidelberg, Strasbourg and Breisach.
Outside from $2465

cruiseabout™ The Cruising Specialists

All cruise prices include taxes & fees, onboard meals, and entertainment.

cruiseabout.ca
1 855 834 4570

Conditions apply. Ex: Vancouver. All prices in CAD unless otherwise stated. Air only prices are per person for return travel unless otherwise stated. Prices are per person based on double occupancy and do not include airfare unless otherwise stated. Taxes & fees include transportation related fees, GST/HST, fuel supplements and port related fees and are approximate and subject to change. Fuel surcharge may be additional. Prices are for specific dates and subject to availability. Prices are accurate at time of publication and may change without notice, errors and omissions excepted. *Call Cruiseabout to speak with an agent for more details on all National Cruise Vacation Week special offers. Certain restrictions apply and vary by cruiseline. Offers are subject to availability and may change or be withdrawn by the supplier without notice. †We will beat any written quoted cruise by $1 and give you a $50 voucher for future travel. "Sail Free" offer applies only where all "Lowest Cruise Price Guarantee" criteria are met but a Cruiseabout retail shop does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.cruiseabout.ca/sailfree. CPBC Reg #55477

"With my previous provider I didn't have unlimited anything. And now, I have unlimited everything. It's great."

BRANDY P.
From Calgary, WIND Customer since January 2012

THAT'S THE POWER OF

WIND™

JOIN BY OCTOBER 31ST

JOIN FOR THE SAVINGS, STAY FOR THE SAVINGS.

up to **$200** in service credits

Receive up to $200 in service credits when you join on any of our awesome monthly plans.

NOKIA LUMIA $0 on WINDtab™

HUAWEI ASCEND P1 $49 on WINDtab™

SAMSUNG GALAXY S III™ $299 on WINDtab™

SAMSUNG GALAXY NEXUS™ $99 on WINDtab™

BLACKBERRY® CURVE™ 9360 $0 on WINDtab™

Learn more at WINDmobile.ca

Offer ends October 31, 2012. Available to individual consumers only. To be eligible for this promotion activate a new number or port-in your existing number with either our $40/month plan or our $25/month plan in person at a WIND retail store during the Promotion Period. Up to $5 will be credited to your active account every month for up to 20 months to a maximum of $100 starting with your first bill if you activate a new Pay Before account. Up to $10 will be credited to your active account every month for up to 20 months to a maximum of $200 starting with your first bill if you activate a new Pay After account. The credit is applicable to monthly add-ons and pay per use charges only and not towards your monthly plan fee. Your account must be kept in good standing, and you must keep both the same number and the $25 or $40 plan that you activated in order to receive the credit. This promotion is available at WIND retail locations only. This offer cannot be combined with any other promotional offers. All services subject to WIND's terms of service, fair usage policy, and internet traffic management policy and are for personal use by an individual. Applicable taxes extra. Other conditions apply. Full details at WINDmobile.ca. Samsung and Samsung Galaxy S III are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. © 2012 Samsung Electronics Canada, Inc. BlackBerry®, Bold™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. All other trademarks are the property of their respective owners. WIND, WIND MOBILE and WINDtab are trademarks of Wind Telecommunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. All other trademarks are the property of their respective owners. © 2012 WIND Mobile.

WagJag.com

GET DEALS ON THE GO!

iPHONE APP ANDROID APP

50-90% Off Local Daily Deals

Buy For:

$89

70% OFF FULL-TIME OR PART-TIME MICROSOFT OFFICE OR FUNDAMENTALS OF ACCOUNTING AND COMPUTERIZED BOOKKEEPING COURSES AT ISA COLLEGE (2 OPTIONS)

ISA COLLEGE

BUY FOR: $39

61% OFF HANDMADE OIL PAINTINGS

STUDIO MOJO

BUY FOR: $19

87% OFF A COUPLE'S SELF-HELP MP3

IGNITE PASSION NOW

MULTIPLE OPTIONS AVAILABLE

UP TO 65% OFF A DOG WALKING PACKAGE

RELEASE THE HOUNDS

Jaunt.ca

Award Winning English Country Home on Salt Spring Island

Hastings House, Salt Spring Island, BC

ORIGINAL PRICE ~~$570~~

FROM **$345*** Buy before October 31, 2012

Follow us: facebook.com/GoJaunt @GoJaunt

All offers subject to availability & other conditions. Please visit www.jaunt.ca for details.

tico.ca Fulfillment services provided by Jaunt.ca Inc. 590 King Street West, Suite 400, Toronto, Ontario, M5V 1M3 TICO Registration No.: 50020132

* Unless otherwise specified, taxes, service fees & gratuities are not included and will be payable directly to the hotel

Visit: WagJag.com

Follow us: facebook.com/wagjag @wagjag

Rivals clash in the final presidential showdown

Third round. Tied in the polls, Obama and Romney tussle over military spending, foreign relations

U.S. President Barack Obama accused Republican candidate Mitt Romney of being consistently wrong on foreign affairs as the two presidential rivals squared off in their third and final debate Monday with the race in a dead heat two weeks before Election Day.

Obama criticized Romney's support for beginning the war in Iraq, for opposing his plans to withdraw troops from Iraq, for inconsistent stances on Afghanistan and for opposing nuclear treaties with Russia.

Romney accused Obama of showing weakness in the Middle East, sending the wrong signal to Iranian leaders by going on an "apology tour" early in his presidency, while not visiting Israel.

The event at Lynn University in Boca Raton, Florida, produced none of the finger-pointing and little of the interrupting that marked their debate last week. But there was no mistaking the urgency with polls showing the race effectively tied.

THE ASSOCIATED PRESS

International focus

Foreign affairs took centre-stage at the final debate.

- **Romney.** He and his fellow Republicans have criticized the Obama administration's response to a September attack on the U.S. consulate in Benghazi, Libya, that killed the ambassador and three other Americans. Romney has little foreign affairs experience.
- **Obama.** Foreign policy is generally seen as Obama's strength. He gave the order leading to the killing of terrorist leader Osama bin Laden and fulfilled a promise to withdraw U.S. troops from Iraq.

U.S. President Barack Obama greets Republican presidential nominee Mitt Romney at the start of the third presidential debate, Monday, at Lynn University in Boca Raton, Fla. DAVID GOLDMAN/THE ASSOCIATED PRESS

Manslaughter

Experts charged for no quake warning

In a verdict that sent shock waves through the scientific community, an Italian court convicted seven experts of manslaughter on Monday for failing to adequately warn residents of the risk before an earthquake struck central Italy in 2009, killing more than 300 people.

The defendants, all prominent scientists or geological and disaster experts, were sentenced to six years in prison.

Earthquake experts worldwide decried the trial as ridiculous, contending there was no way of knowing that a flurry of tremors would lead to a deadly quake.

"It's a sad day for science," said seismologist Susan Hough, of the U.S. Geological Survey in Pasadena, Calif. "It's unsettling."

That fellow seismic experts in Italy were singled out in the case "hits you in the gut," she said.

THE ASSOCIATED PRESS

Criticism

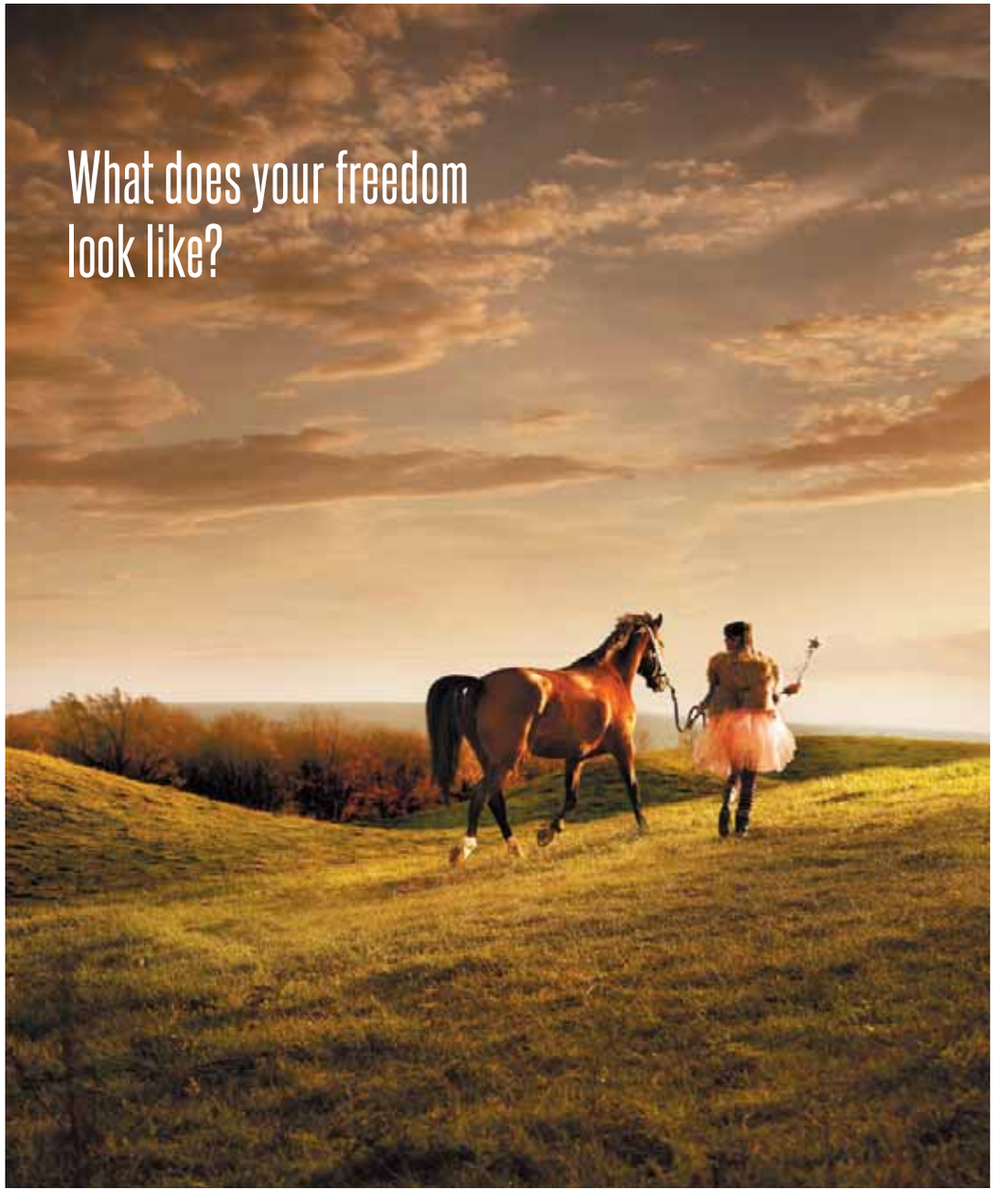
Baird slams Iran, Syria at event

Foreign Affairs Minister John Baird abandoned host-country niceties Monday as he levelled a blistering attack against the human rights records of Iran, Syria and Uganda before some 1,400 international parliamentarians gathered for the Inter-Parliamentary Union in Quebec.

Iranian and Ugandan delegates at the IPU assembly, including the African nation's Speaker of Parliament, protested Baird's remarks, accusing the minister of meddling in their sovereign affairs at a collegial forum.

Even though the Conservative government has cut off diplomatic relations with Iran and Syria, it could do little to stop the presence of legislators from those countries at the 127th conference of the IPU, which Canada is hosting this year.

THE CANADIAN PRESS



Man on a mission: On call and loving every Mars minute of it

Search for life on Mars. Physicist's life on Earth consumed by project

AMBER SHORTT
Metro in Toronto

The vows had been said and the pictures taken, but when it came time to crack open the kegs the best man — the person responsible for getting the beer flowing — couldn't be found.

That's because Nick Boyd, a 29-year-old physicist from Picton, Ont., had slipped away from his brother's wedding reception to attend to the one thing more demanding than a tent full of thirsty guests: the Mars rover Curiosity.

"A few people came to hurry me along," said Boyd, the operations lead for the team managing the day-to-day functions of the Alpha Particle X-Ray Spectrometer, the Canadian-built instrument on the rover. He had to build a file to send back to NASA's Jet Propulsion Laboratory in California, where he has spent the last three months working with scientists from around the world conducting experiments on Mars.

"It consumes your whole life for this early period," said Boyd, adding the mission, officially called the Mars Science Laboratory, has so far gone "amazingly smoothly."

"You'll do whatever it takes to make the mission go well."

Boyd has spent the bulk of his professional life, the last six years, as part of the University of Guelph team that developed the APXS, one of 10 instruments carried by Curiosity. It identifies the chemical composition of Martian rock and soil — information geologists are using to determine whether Mars was ever able to support life.

He said he still finds it surreal to be communicating with the machine on another planet.

"It was never a given that we were going to land safely," said Boyd, thinking back to the knot in his stomach on the Aug. 5 landing day. He said all he could think was "it's my career that's strapped to that car with a jet pack."

Quoted

"We're taking a very, very big role in this mission ... and it's something that everyone should be able to take some pride in."

Nick Boyd on Canada's involvement in the Mars Science Laboratory mission

But after the landing crew "won the biggest game of their lives" Boyd only nabbed a couple of hours sleep before his work began.

Since then, the tactical team has been working in two shifts, on "Mars time," to ensure it gets the most out of Curiosity.

The first shift analyzes the data that comes back from the rover and creates a plan for Curiosity's next day. The second shift then takes the plan and turns it into a series of sequences that are transmitted to "drive" the rover.

"Every day is determined by the morning on Mars"

Since a Martian day is 40 minutes longer than Earth's, the team's shifts change by 40 minutes daily. Boyd likens it to being persistently jet-lagged, and said he often forgets to eat and has to recalculate every day whether he'll get stuck in rush hour.

"You can tell when we're in a time period that doesn't line up with Earth," said Boyd, noting tempers at the lab get a little shorter.

However, NASA has a way to make sure cooler heads prevail: a giant freezer kept full of Drumsticks and ice cream sandwiches.

"It's considered to be a very good investment in the general sanity of the team," Boyd said.

Nick Boyd stands in front of the test bed rover at NASA's Jet Propulsion Laboratory in Pasadena, Calif. The physicist with the University of Guelph has spent the last three months working with hundreds of scientists to conduct tests on Mars. CONTRIBUTED

Transition back to Earth

Starting next month, the team members will continue their work from their home labs. The mission is projected to last roughly two years, but Boyd is cautious on the subject of Curiosity's longevity.

"It's not a good idea to make predictions of mission lifetime," he said, though he notes that the rovers that NASA launched in 2003, Spirit and Opportunity, outlived their mission timelines. Spirit made it six years, and Opportunity is still going.

Mars, however, hasn't been an easy expedition. Roughly two-thirds of Mars missions since the 1960s have failed.

But whether it's another day or a decade, Boyd plans to soak up every moment on the Red Planet.

"I tell people I'm in year five of a five-year plan," he said. "I'm definitely enjoying the fruits of my labour."

Curiosity

A ton of fun on the 4th rock from the sun

Every movement of the Mars rover could be its last, which is why each day's operation is determined by the one before it, said Boyd.

"There's no chance to fix an instrument once it's gone to Mars," he said, adding a slip in the sand could cost an entire day. Because of that, calculations must be tested and retested on a stunt-double rover at JPL's simulated Mars field — something Boyd said is serious work, but also "like a little boy's dream playdate."

"My job is a ton of fun. I get to play with a lot of great toys and work with a lot of great people," he said. Though he added it can get him into trouble when he gets so caught up with robots that he forgets to call his wife, Allison, who is back in Guelph and pregnant with the couple's first child.

AMBER SHORTT/METRO IN TORONTO

By the numbers

567M Curiosity landed inside Mars' Gale Crater at the base of Mount Sharp on Aug. 5 after travelling 567 million kilometres.

899 Curiosity weighs 899 kilograms, and is powered by a multi-mission radioisotope thermoelectric generator and lithium-ion batteries.

98 The Mars Science Laboratory primary mission is projected to last 98 weeks — or one Martian year. *Courtesy NASA*

Mars. APXS big deal for Canadian science

Iain Campbell, APXS co-investigator at the University of Guelph, said the instrument has already analyzed several rocks and soil samples on Mars.

"Everyone on this mission is very, very excited," he said, noting that a less advanced version of the APXS was on the Spirit and Opportunity rovers. Those missions found evidence that Mars had once contained water, and Campbell is optimistic that Curiosity will be able to top those findings.

Iain Campbell

"Will these discoveries be the remnants of carbon-based life-forms? I don't know," he said. "But I hope it will be."

Campbell said the mission is also an important one due to the current concerns on climate change. He said Mars transitioned from being alkaline-based to more acidic billions of years ago and scientists hope to figure out what caused that change. He said the landing site was chosen partially because it contained rocks with layering that represented both environments.

As for the next project, Campbell said the U of G team, lead by principal investigator Ralf Gellert, is already working ahead on the next generation of the APXS.

"It's a big thing for Canadian science," said Campbell, noting the current $2.5-billion mission is the largest exploration expedition in history. "If you want to play in the big leagues ... Canada is there."

NASA's Curiosity rover aimed two instruments to study a rock known as "Jake Matijevic." The red dots are where the Chemistry and Camera (ChemCam) instrument zapped it with its laser. The purple circles indicate where the Alpha Particle X-ray Spectrometer trained its view. MSSS/JPL-CALTECH/NASA/AFP/GETTY IMAGES

Haiti jobs project gets celeb boost

Industrial park.
Hillary and Bill Clinton encourage investment in impoverished nation

Actor Sean Penn and model Petra Nemcova at the opening of the new Caracol Industrial Park in Haiti on Monday.
LARRY DOWNING/THE ASSOCIATED PRESS

U.S. Secretary of State Hillary Clinton encouraged foreigners to invest in Haiti as she and her husband Bill led a star-studded delegation gathered Monday to inaugurate a new industrial park at the centre of American efforts to help the country rebuild after the 2010 earthquake.

Actors Sean Penn and Ben Stiller, fashion designer Donna Karan and British business magnate Richard Branson were among the luminaries at the opening of the new Caracol Industrial Park, which is projected to create thousands of jobs more than 100 miles from the quake-ravaged capital of Port-au-Prince.

Clinton told a roomful of investors gathered for a luncheon that she made Haiti a priority when she became secretary of state.

"We had learned that supporting long-term prosperity in Haiti meant more than providing aid," she said.

"It required investments in infrastructure and the economy that would help the Haitian people achieve their own dreams.

"So we shifted our assistance to investments to address the biggest challenges facing this country." She said that included creating jobs. Thousands lined the road waiting to see Hillary Clinton's motorcade.

THE ASSOCIATED PRESS

Worshippers pray at Mecca's Grand Mosque

Muslim pilgrims pray inside the Grand Mosque in Mecca, Saudi Arabia on Monday. The annual Hajj pilgrimage draws three million visitors yearly, the largest gathering of people in the world. HASSAN AMMAR/THE ASSOCIATED PRESS

Vienna. One-way mirror 'art project' allows peeping into the women's washroom

An Austrian artist has installed a one-way mirror in a Vienna cafe that allows men to peek from their restroom into the ladies room.

Alexander Riegler told the daily Heute newspaper Monday that the mirror is an attempt to "stir people into a discussion of voyeurism and surveillance," in an era when almost everyone is being watched.

Cafe employee Alexander Khael-Khaelsberg says the mirror only shows women at the sink and does not offend anyone's private sphere.

He told the daily Heute newspaper Monday that women will get their turn in January, when the mirror is reversed, to let them look at men's faces while they stand at the urinal.

The artwork has caused a stir in conservative Vienna.

After a number of complaints about invading privacy, they put up a sign advising women that they are part of an "art project" which will be turned on the men in due course.

THE ASSOCIATED PRESS

Same-sex marriage

Couple allege discrimination by wedding venue

Two upstate New York women turned away from a potential wedding site because they are gay have filed a discrimination complaint, setting up a possible precedent-setting battle involving the state's new same-sex marriage law. The complaint to the state Division of Human Rights appears to be the first involving a wedding venue.

Melisa Erwin and Jennie McCarthy, of Albany, filed the complaint.

THE ASSOCIATED PRESS

Federal parties differ on how best to revamp Indian Act

Call for consultation. Liberal leader says Tory-tabled update to existing legislation was drafted without input from First Nations

A debate about whether to repeal the centuries-old Indian Act is back before the House of Commons.

Last week, the Conservatives moved forward with a private member's bill that would delete several sections of the act as a start toward fully dismantling it.

Now, the Liberals have introduced their own motion calling for talks with First Nations to replace the old legislation with something better suited to current realities.

The motion introduced by interim Liberal leader Bob Rae calls the existing legislation an embodiment of failed colonial and paternalistic policies.

Rae says it creates a barrier to economic and social development for First Nations and needs to be dismantled.

He says the Conservative bill was drafted without consultation with First Nations communities, while his own motion is the product of extensive talks.

Conservative MP Rob Clarke, who sponsored the bill, says it's based on his discussions with aboriginal leaders.

THE CANADIAN PRESS

Since 1876

- The Indian Act came into effect in 1876 and sets out the terms of the relationship between the federal Crown and First Nations.

Looking a lot like fall

A jogger heads over a bridge under a canopy of fall colours at Point Pleasant Park in Halifax on Monday. JEFF HARPER/METRO

Lockout kills dreams

A plea to the NHL

A man in Alberta who wants to watch one last hockey game with his dying father is pleading on YouTube for an end to the NHL lockout. The video, NHL Lockout Kills Dreams, has been viewed nearly 50,000 times since it was posted last Thursday.

John Dick planned to spend the last couple of months of his dad's life watching hockey from a hospital room in Leduc, south of Edmonton. He says his dad is dying of throat cancer and the effects of medication make him forget why they can't turn on the game. THE CANADIAN PRESS

Meaty issue

Politico de-tweets

Alberta's Opposition leader, Danielle Smith of the Wildrose party, says it was a mistake for her to tweet that properly cooked tainted meat could feed the homeless.

Smith told an open-line radio show that if you can't explain your position in 140 words on Twitter, you shouldn't try. On the weekend, Smith suggested meat that had to be recalled by XL Foods in Brooks, Alta., could be cooked to destroy E. coli and then fed to "the hungry." The company will dump the meat in a landfill, and Smith now agrees that's a better option. THE CANADIAN PRESS

STAY COMFY & COZY AT WWW.SHOP.CA

Cross My Heart
Hooded Bomber Jacket
web ID: 22168436
$79.99

20% OFF
Teximage
Allegra Knitted Throw
web ID: 22042664
compare at: $50.00
$39.99

Made 4 Each Other
Shawl Collar Cardigan - Black
web ID: 22095264
$39.99

45% OFF
Mephisto
Allrounder Nova Walking Sneakers
web ID: 22170131
compare at: $220.00
$121.00

Cross My Heart
Mai Lounge Pant
web ID: 22068790
$24.99

Made 4 Each Other
Shawl Collar Cardigan - Tan
web ID: 22094050
$39.99

SHOP • CA™
PLUS SIGN-UP AND GET $10 REWARDS CASH ON YOUR FIRST $25 PURCHASE
SHOP & EARN, EVERY TIME!™
Got great products to sell? Contact supplier@shop.ca

Developers work at a technology hub in Addis Ababa, Ethiopia, which has 500 members and has spawned three companies. GLYN RILEY/METRO WORLD NEWS

Developing a mobile continent

Ghana. When it comes to wireless culture, Africa is leapfrogging the West — and young techies are churning out apps to take advantage of it

ELISABETH BRAW
Metro World News in London

At Kwame Nkrumah University of Science And Technology (KNUST) in Kumasi, Ghana, women carrying baskets of food on their heads walk past students going to class. From inside a sleek campus Internet café, Godwin Amefia, 21, runs his own mobile-app company.

"I realized that students weren't told about schedule changes, so I created a mobile app for it," he says. His company, mNotify, now has five employees and features a range of apps for churches, schools and businesses.

Amefia belongs to mFriday, a technology hub at KNUST whose members get together every Friday to trade business ideas. Welcome to the Silicon Valley of Ghana. "This is part of a whole new movement in Africa," founder Bobby Okine says. "People want to do something that will be recognized."

It's obvious why young Africans see a future following in the footsteps of Bill Gates and Steve Jobs — by remaining in Africa. Seventy-three per cent of Africans now have a cellphone, compared to just four per cent 10 years ago. The figure is expected to rise to 85 per cent by 2015, according to research firm Royce Funds. Indeed, in its cellphone culture Africa is leapfrogging the West.

"Africa is the future," says Jesse Ofori, 21, another young KNUST student with his own technology firm.

"You can go to the U.K. or U.S. to start a technology company, but most things have already been done there. Here, there are more opportunities. Every last banana seller has a mobile phone, and we can capitalize on that."

Top five African apps

- **Saya:** Smartphone messaging, Facebook and chat apps for low-end devices.
- **iCow:** Alerts farmers to vital times in their cows' gestation period. Helps farmers find the nearest vet.
- **mNotify:** Bulk SMS service for universities, companies and other organizations.
- **mPedigree:** Patients can text information about medicine they've been given, and receive an SMS message back informing them whether the medicine is counterfeit.
- **BudgIT:** Users text the service with requests for particular data about Nigeria's budget and receive information by SMS.

Foreign investment

Progress, Petronas try to save $6B deal

Progress Energy Resources and the Malaysian state-owned company that wants to buy it were looking to salvage their $6-billion deal on Monday as observers warned Ottawa's stunning last-minute rejection could scare away foreign investment.

Progress and Petronas said they're meeting with Industry Canada officials to "better understand" what the government's requirements are with respect to the deal.

Three minutes before midnight on Friday, Industry Minister Christian Paradis announced the transaction did not pass the net benefit test imposed on large foreign takeovers of Canadian companies — a process widely criticized for its lack of clarity. Petronas has 30 days to amend its deal and send it back to Ottawa for review.

THE CANADIAN PRESS

Market Minute

DOLLAR 100.75¢ (+0.07¢)

TSX 12,403.54 (-12.44)

OIL $88.73 US (-$1.32)

GOLD $1,726.30 US (+$2.30)

Natural gas: $3.452 US (-16.5¢)
Dow Jones: 13,345.89 (+2.38)

Success isn't by chance, it's ByDesign

ouest Business Solutions

Are your systems holding you back?

Access real-time information wherever you are

One integrated system to manage all of your business

Secure, affordable, service in the cloud

Streamlined business processes that fit your needs

Ouest has the solution!

Contact us to find out how Ouest Business Solutions can help your business with SAP® Business ByDesign™.

SAP Business ByDesign

SAP Partner

www.ouestsolutions.com
778-919-0450
SAPByD@ouestsolutions.com

Dial #100 on your TELUS mobile to save on long distance

Your first call is Free!*

Step 1: Dial # 100 (Send / Talk)

Step 2: Listen for the prompt & dial (011 or 1) + your destination number

Step 3: Enjoy low rates charges on your current TELUS bill.

5¢ per minute: Italy, UK, India, India cell, Israel, China Germany, Mexico, Australia, Hong Kong

Visit Telehop.com/mobile for more great rates!

telehop

Available on your TELUS, and TELUS Pay & Talk cellphones. All charges appear on your monthly cellphone bill. No contracts or network fees required.*Customers will receive a bill credit for 10 minutes worth of calling for up to $1.00 for their first call in October 2012. For additional details please see www.telehop.com or call 1-800-585-2339

885

10 THINGS TO STOP WORRYING ABOUT RIGHT NOW

SHE SAYS...
Jessica Napier
metronews.ca

Lately, I've been thinking about how much time I waste fretting about entirely inconsequential things. We tend to allow trivial concerns — our follower count on Twitter, looking good at the gym — to occupy our minds instead of directing our time and energy to more important pursuits. No more, dear readers, no more. If you worry about any of these things, you need to laugh at yourself immediately, then stop.

1 Who will get kicked off next week's episode of The Bachelor Canada. Dedicating any brain cells to worrying about reality-TV relationships is ridiculous when we all know these showmances only last about 10 minutes after the cameras stop rolling.

2 Running into someone while wearing the exact same outfit you wore yesterday. Sometimes we buy new clothes and like to wear them two days in a row, and that's OK, everyone, because we all do it.

3 Purchasing embarrassing drug-store items. Because at 27 years old, I shouldn't blush uncontrollably every time I need to pick up a box of tampons.

4 Your dress size. Not because having a healthy body isn't important, but because clothing manufacturers are increasingly making these numbers up and arbitrarily assigning digits for vanity or shame purposes.

5 Being alone in a public place. Stop eyeballing your iPhone every five seconds; everyone else is far too self-involved to notice you sitting by yourself at a restaurant.

6 Whether or not the other people on the bus are judging your reading materials. Reading Fifty Shades of Grey on public transit is about as scandalous as wearing a turtleneck while watching a PG-rated film.

7 Thinking up an original Halloween costume. It's not going to happen. No matter how unique or creative you think you are, someone else is going to do the same thing and they're probably going to do it better than you.

8 Why your newly engaged friend didn't pick you to be a bridesmaid/groomsman. Instead of fretting about not being included, think about what you're going to do with the hundreds of dollars you'll save.

9 Whether your stuff matches with your other stuff. Making sure your furniture/nail polish/shoes are the correct shade of Pantone tangerine is a quintessential example of the "small stuff" you should not sweat.

10 How many calories are in this? If you have to think about it, then you already know the answer is probably too many.

Follow Jessica Napier on Twitter @MetroSheSays

Wondering what shade to choose? Here's a tip: No one actually cares. FLICKR.COM

7 wins — those never happened

GETTY IMAGES

Doping

Icon loses Tour de France titles

There was an Armstrong, Neil, who walked on the moon and another, Louis, who sang sweet jazz. But Lance Armstrong, seven-time Tour de France winner?

That never happened.

"He deserves to be forgotten in cycling," Pat McQuaid, president of the International Cycling Union, said Monday as he erased Armstrong's victories from the record books after his group accepted sanctions imposed by the U.S. Anti-Doping Agency.

THE ASSOCIATED PRESS

Culture of secrecy

The doping doubts were there in 1999.

- A positive urine test for banned corticosteroids at the 1999 Tour was explained away and covered up by one of Armstrong's doctors, a former team masseuse testified years later.
- A book in 2004 in which the same masseuse said she gave Armstrong makeup to hide needle marks on his arm was met with writs from Armstrong's lawyers and furious denials from him.

Overcoming obstacles

Beating cancer, Tour wins inspired many

No sporting icon peddled a tale quite like this one.

The Texan from a broken home who became a world champion, then was struck down by testicular cancer that spread to his lungs and brain, but who still rolled up in 1999 at the Tour, a three-week endurance test so tough that it has defeated many men who didn't endure gut-wrenching chemotherapy and carry the scars of tumour-removing surgery.

He became the living embodiment of the idea that willpower can overcome any obstacle. THE ASSOCIATED PRESS

Loosening tongues

The feds "placed a gun and a badge on the table," said McQuaid, and the Great Wall of Silence crumbled.

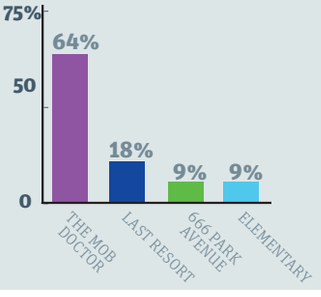
- Former teammates explained how they used subterfuge to beat testers. Tyler Hamilton said they simply hid, not answering the door if a sample collector showed up. There was no test, and still isn't, to show that riders were re-injecting themselves with bags of their own blood.

SEE SPORTS, PAGE 21, FOR MORE COVERAGE.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What new TV show should be the next to be cancelled?



Twitter

@Rob_Fleming: Ten #bcndp MLA's join 1000's at BC Legislature to #defendourcoast! #notankers #bcpoli http://yfrog.com/nwqm2tcj

@Tzeporah: Over 2000 on legislature lawn more still coming. #DefendOurCoast #bcpoli Chief Rueben George is kicking' it on stage!

@ThomasDrance: Hold me, bro. RT @WilliamHPerkins: Reddit is down. What do I do?

@MayorGregor: Help shape #Vancouver's 2013 budget. Tell us what city services are important to you: http://ow.ly/eCm3W

@nathancullen: Standing beside the good folks of Prince Rupert in spirit today at Defend Our Coast rally. Noon at the courthouse. Keep up the fight!

metro **President** Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** #250 - 1190 Homer Street Vancouver, BC V6B 2X6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

DVD reviews

Magic Mike

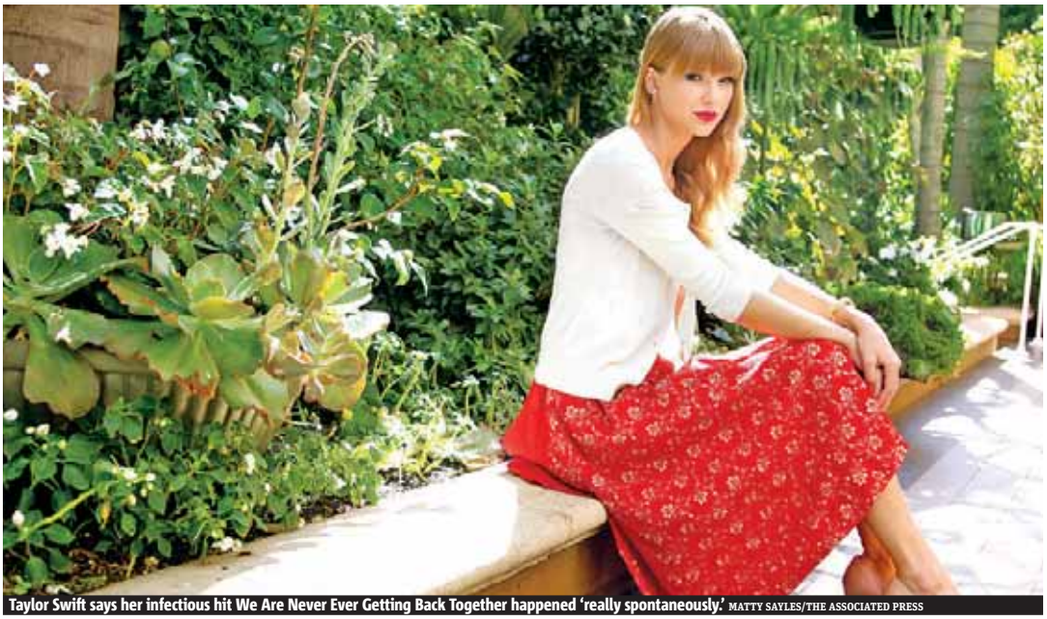
Director. Steven Soderbergh

Stars. Channing Tatum, Alex Pettyfer, Olivia Munn

●●●○○

Steven Soderbergh's latest genre exercise mines Channing Tatum's real-life male-stripper memories for maximum swagger, yet this is anything but a macho version of Showgirls or Burlesque. It's a realistic portrayal of a business that sells sizzle onstage, with plain sweat backstage to make it happen. Dancing at Tampa's Xquisite nightclub has been fun and reasonably profitable for Mike, but he's smart enough to observe how it has turned out for club owner Dallas (Matthew McConaughey), who also emcees and croons, from a cool cat into a cynical caricature. Still, Mike wants an equity share in the club, a carrot Dallas dangles but never drops. A new guy, Adam (Alex Pettyfer), starts stripping at the club and begins to threaten Mike's dominance of the dance floor. Adam's a loose cannon with a propensity for self-destruction and he puts a damper on sparks that develop between his sister Brooke (new face Cody Horn, well cast) and the romance-averse Mike. The strip-show numbers in Magic Mike are more humorous than sexual, which may disappoint anyone who attends hoping to see the real "full monty" on display. That never happens — think Exotica more than Boogie Nights.

PETER HOWELL



Taylor Swift says her infectious hit We Are Never Ever Getting Back Together happened 'really spontaneously.' MATTY SAYLES/THE ASSOCIATED PRESS

We are never, ever getting tired of Taylor

Red. Nashville singer with strong country roots enlists the help of pop music powerhouses for her fourth album

IAN GORMELY
scene@metronews.ca

No matter how many pop hits she scores, Taylor Swift will always be a country girl.

"In my mind, I'm always going to be a country artist because that's home to me," says the 22-year-old Nashville-based singer.

"The innate writing style of country music is what formed me as a songwriter."

Yet after penning all the tracks on her last record on her own, Swift decided to team up with a who's who of pop songwriters for her fourth album, Red, which hit stores today.

"I wanted to figure out a way to push myself into a different comfort zone," she says.

Along with writers like Dan Wilson, who co-wrote Adele's mega-hit Someone Like You, Swift enlisted the help of Max Martin, the man behind Kelly Clarkson's Since U Been Gone, and Britney Spears' ...Baby One More Time.

Together with Martin's protégé, Shellback, the trio co-wrote her own current smash, the infectious and decidedly un-country We Are Never Ever Getting Back Together, and, as she says, it all happened "really spontaneously."

"It's really brought something different out of this album," she says.

"I think that there are definitely influences from every genre that I'm a fan of on this record."

Both U.K. singer/songwriter Ed Sheeran and Snow Patrol's Gary Lightbody make appearances on the record, the latter of whom Swift points to as a source of inspiration for her cinematic lyrics.

"The more you let people into the details," she says, "the more people feel welcomed into those experiences."

Weird in the woods

Watching the music video for We are Never Ever Getting Back Together, it's hard not to notice the group of musicians dressed up as woodland creatures. Those oversized animals are actually Swift's backing band. She says the costumes were director Declan Whitebloom's idea and when she told the musicians, "they looked at me deadpan like, 'This is not happening.'" Yet while filming the single-shot clip, the band "got loopy," the results of which are on the screen. "It's the most random thing I've ever done in a video," says Swift. "It makes me laugh to this day."

Diamond Rings gets ready to shine

New album. Singer leaves his indie roots behind and embraces his inner pop star

IAN GORMELY
scene@metronews.ca

When it came time to follow up his bedroom-pop breakthrough, Special Affections, John O'Regan, best known to the world as Diamond Rings, didn't bother trying to recapture the intimacy of his debut.

Instead, he opted to leave his indie roots behind and make the full transformation into a proper pop star.

"It's more about an attitude and confidence in one's self," he explains.

"Anyone who has the courage and the intestinal fortitude to put themselves out before the world in a way that's sincere and relatable, and above all else, different and unique.

As simple as embracing your inner pop diva sounds, it wasn't an easy process. "It's really hard to write and sing about things that are obvious and relatable in a way that's fresh and new," he says.

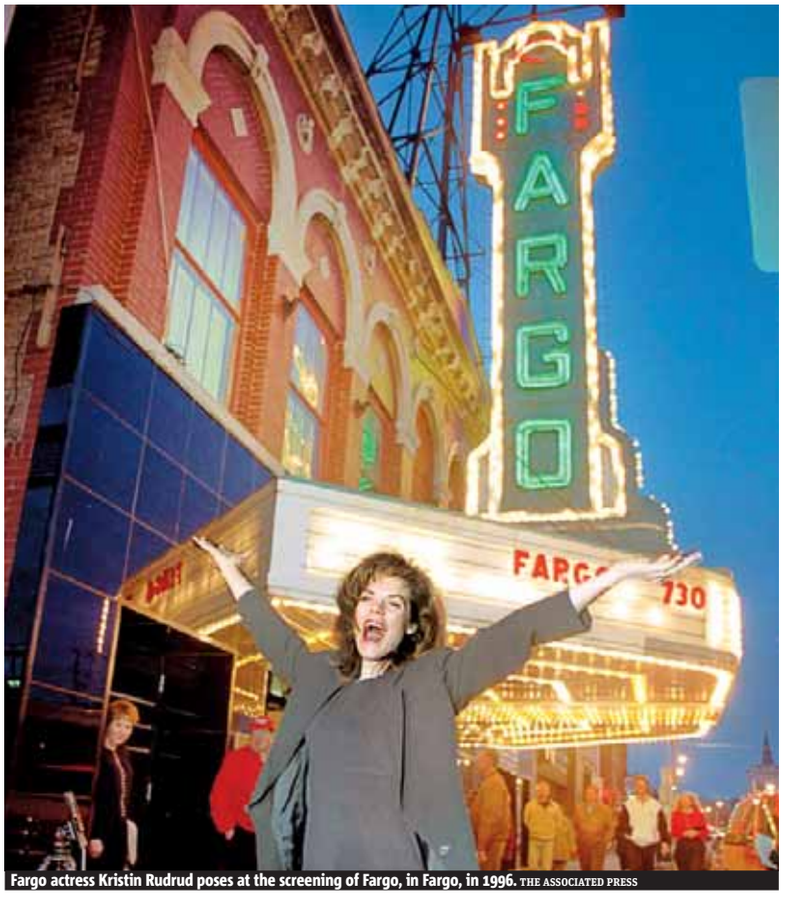
"I don't know if I did that. I did my best."

Writing for the record, Free Dimensional, was completed before his debut even dropped, after O'Regan was treated for Crohn's disease.

"It's a celebration of life and being alive," he says.

John O'Regan, a.k.a. Diamond Rings. SARAH DEA FOR TORSTAR NEWS SERVICE

SCENE



Fargo actress Kristin Rudrud poses at the screening of Fargo, in Fargo, in 1996. THE ASSOCIATED PRESS

Coen brothers to make a Fargo TV show? You betcha!

Mixed reactions. Residents divided on how a proposed FX program will impact and reflect on their North Dakota city

Ask folks in Fargo what they first thought about the 1996 movie that made their city famous and some will tell you they were not fans.

Some residents initially didn't appreciate the Coen brothers' dark humour or were offended by the extreme violence and depiction of Scandinavian culture. Not to mention those heavy accents on "you betcha" and "ya sure."

But the fame and cash it brought Fargo eventually brought the city around. Now, 16 years later, Fargo awaits the debut of a new cable television show by the same name, and many residents here are less apprehensive about how their hometown will be portrayed this time around. Just ask Kristin Rudrud.

"Anything the Coen brothers are going to be involved in is going to be brilliant," said Rudrud, 57, who played a supporting role in the movie and has a hankering to promote everything about her hometown. "And they love Fargo. They love this area. So it will be done in a very fun and loving way."

The Oscar-winning Fargo starred Frances McDormand as Marge Gunderson, a pregnant police chief who investigates a series of murders, and William H. Macy as a car salesman who hires two criminals, played by Steve Buscemi and Peter Stormare, to kidnap his wife. In one of the final scenes, Stormare feeds Buscemi's body into a wood chipper.

Though the movie's story is mostly based in Minnesota, it made Fargo a household name for many across the country — to the early dismay of some city folk who watched the premiere at the Fargo Theatre in 1996. The theatre was quiet inside and some moviegoers were offended, said Margie Bailly, who was executive director of the Fargo Theatre at the time. Some residents even walked out.

"Those of us who were laughing were a little lonely," she said.

But locals later warmed up as the film was nominated for seven Academy Awards and Fargo started to see the benefits from all the publicity. The theatre hosted a free Oscar party with a polka band and Jell-O treats that Entertainment Weekly billed as one of the top soirees of the evening.

That event was publicized in several countries and Fargo cashed in. Donations flowed for the theatre's restoration, which dovetailed with plans to revitalize the city's downtown.

Sixteen years later, travellers looking to see the real Fargo still swing through, with many flocking to take a picture next to the iconic wood chipper, autographed on the chute by the Coen brothers and displayed at the city's main tourism centre. Tourism staff hand out ear-flap hats to tourists and take pictures of them stuffing the leg of a mannequin into the Yard Shark.

"A good majority of people come in here just looking for the wood chipper," said Jayne Rieth, who works at the tourism centre. She didn't like the movie on the big screen, but watched it at home recently so she could be better informed at work. And the tourism centre and shops around town sell plenty of wood chipper T-shirts, shot glasses, koozies, mugs and — of course — ice scrapers.

City boosters hope the TV show produced by Joel and Ethan Coen, the Minnesota-born brothers behind the popular film, will add to the notoriety. No timeline has been announced by the FX Network and John Solberg, FX's senior vice-president of public relations, did not return messages left by The Associated Press.

"I don't know how it can be a bad thing for us," said Charley Johnson, president and CEO of the city's convention and visitor's bureau. "People still talk about the movie all the time."

Larry Gauper, of Fargo, a retired health insurance executive, also thinks most people are looking forward to the TV show.

"There are some people who don't like us sort of being mocked or being made fun of, but I think most people really appreciate the attention Fargo gets," Gauper said.

But Fargo movie fan Marnie Piehl wonders if the city has changed too much — thanks to population growth and a revitalized downtown with high-end restaurants and bars serving craft beer and organic vegetables — that it no longer makes sense to situate the TV show here. McDormand's character would have left Fargo years ago, Piehl said.

"That may sound funny to someone from New York, but it just doesn't fit for me anymore," she said. "The North Dakota story is not the Marge Gunderson story anymore."

THE ASSOCIATED PRESS

What's it all about?

Though details about the plot and characters in the FX show are scant, that hasn't stopped Fargo residents from speculating about it. Mayor Dennis Walaker said his favourite character is the sheriff, and hopes McDormand gets a prominent role. And although Rudrud's character, Macy's wife, was killed off in the movie, she joked that there might be room for her in the adaptation. "Well, I haven't been chopped up," she said. "There's always a possibility."

National Cruise Vacation Week Sale
cruise about
The Cruising Specialists
The World's Largest Cruise Sale!
October 21 - 27
Special offers* from over 25 cruise lines
Call a Cruiseabout agent for more details.
1 855 834 4570 • cruiseabout.ca
*Conditions apply. *Call Cruiseabout to speak with an agent for more details on all National Cruise Vacation Week special offers. Certain restrictions apply and vary by cruiseline. Offers are subject to availability and may change or be withdrawn by the supplier without notice. CPBC Reg #55477

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Celebrity Halloween: A how-to guide

MONICA WEYMOUTH
scene@metronews.ca

For all those hard at work on a show-stopping Halloween costume, we salute you. For all those planning to rummage through their closet at 9 p.m. on the 31st, we feel you. These celebrity-inspired costumes won't win you any contests, but they'll probably qualify you for free candy.

Tina Fey
This one's easy: Just throw on a pair of designer glasses that perfectly fit your face. Then get a blow-out that's not too fussy but adds enough volume and shine to show you care. Lose 15 pounds and wear something young but expensive. Accessorize with a great job and a ton of talent that you casually brush off. Wait a second — Tina Fey, we're on to you, girl.

Zooey Deschanel
The essentials: A vintage a-line dress, lots of eyeliner, sexy librarian glasses, knee socks. Bonus points: An entourage of 20-something girls who resent you for reasons they can't quite explain.

Sexy Louis C.K.
Cut a deep V in an oversize black T-shirt that's faded enough to really show the grease stains.

If possible, resist the urge to make jokes about having sex with dead things.

Prince Harry
Shower with things that smell rich, woodsy and clueless. Put on a very large, very expensive watch. And … well, you're good to go.

Avril Lavigne and Chad Kroeger
The perfect couple's costume for 2012: Rummage through the punk store clearance rack, then roll around on the floor, making sure to soak up all that was wrong with 10 years ago. Hit on the underage cashier, douse yourself in Axe body spray and go shoot some 'edgy' engagement photos.

Costumed Katy only has eyes for John

Katy Perry

Even though Katy Perry's birthday isn't until Thursday, she apparently couldn't wait to get the party started, throwing a lavish Halloween-themed costume birthday party at Los Angeles' Magic Castle on Friday, according to Us Weekly.

And while guests including Kristen Stewart, Neil Patrick Harris and Skrillex were in attendance, the birthday girl — dressed up as a vampire — only had eyes for John Mayer, whose elaborate zombie-hunter costume even involved a prosthetic nose and chin. "They were in their own world. She didn't even talk to her friends much," a source says.

Sources say attempts to save troubled star not motivated by spotlight

It looks like the folks behind the attempted intervention for Lindsay Lohan last week had good reason to be concerned about the troubled actress. Several friends of Lohan insist to Radar Online that she's partying again and out of control, and her dad, Michael Lohan, is reportedly eager to put her under a conservatorship similar to the one Britney Spears' father used. "People who party with Lindsay have confirmed her excessive partying and getting wasted," a source says. "Even some of the people who have enabled her partying have come clean and revealed what's going on."

Twitter

@RedHourBen
Zoolander LadyGaga story is not true. Weird that OK magazine would print something untrue. Weird to read a made up story on the internet.

@Joan_Rivers
Congratulations to Adele on the birth of her 68 pound 8 ounces bouncing baby boy.

@RealVinceVaughn
my verification is pending.

@AlbertBrooks
I wish there was a debate on every night. I so love arguing.

THE GOOD WIFE

TONIGHT 9PM
BACK-TO-BACK EPISODES
His Scandal. Her Story.
Watch this critically acclaimed drama from the beginning.

W NETWORK

Are you a new parent needing some sleep? There's an app for that. ISTOCK PHOTOS

Sleep-deprived new parents can finally get some shut-eye

New product. Former chart-topping musician has come up with an app that can help lull those cranky babies back to sleep

BRIGITTE NOËL
life@metronews.ca

The sallow skin, bloodshot eyes and dark circles of the living dead are a popular Halloween look for those seeking a cheap and easy costume. For the struggling parents of a newborn baby, achieving this look requires little effort.

Thankfully, there just might be an app for that.

Barry Authors is a Canadian musician whose single No Charge reached the top of the U.K. charts in 1976.

Now he's produced what could be his greatest hit to date.

It's called BabyDoze, and it's an app that claims to give new parents what they desire the most — rest.

"Sit me down with 10 babies, and nine or 10 will go to sleep if they're crying," Authors says of his invention. "We had phenomenal results with testing."

His product's premise is simple — lulling babies to slumber using the sounds they hear before they are born.

This combination includes the thumping of a heartbeat, the whoosh of amniotic fluid and the hissing of circulating blood.

Not the stuff of Top 40 hits, but it's proved a winning formula for Authors, who created the recording during his wife's first pregnancy.

"There are lots of things that people say calm babies: noises of the sea, sounds that simulate the sound in the mother's womb," Authors says. "This doesn't simulate; this is exactly the sound that the baby hears."

Online

Where can you find the app for your phone?

- **Online.** BabyDoze is available for both iPhone and Android. More details at babydoze-wombsound.com.

Want to prevent a cold? Avoid your T-zone

CELIA MILNE
life@metronews.ca

Ew, yuck. Everyone around you is coughing and sneezing.

You've heard all about washing your hands to prevent the flu.

Here's another simple rule: Keep fingers away from your face.

"Do not touch the T-zone — your eyes, nose and mouth," says Dr. Will Sawyer, an international infection prevention expert. "These are the only portals of entry into the human body for all respiratory illnesses such as the flu."

Kids can certainly benefit from this advice right now, as the common cold usually reaches a zenith about four to six weeks after school starts. And adults are good at sharing germs too. On Global Handwashing Day last week, a report surfaced in the U.K. that one in 10 credit cards is as dirty as a toilet bowl.

"Only you can prevent the flu," says Sawyer. "If you never put your fingers to your hands, nose and mouth, you won't need to worry about how dirty your credit cards are; you wouldn't inoculate yourself."

Sawyer is a family physician in Cincinnati, Ohio.

He is the creator of Henry the Hand Foundation (henrythehand.com), which teaches hand washing and disease prevention in the U.S. and Canada. "Spread the word, not the germs," is his motto.

Other flu prevention tactics include getting the vaccine and practising what scientists call "social distancing," which means trying to stay at least a few feet away from sick people.

Kids and adults can benefit from some handwashing tips. ISTOCK PHOTOS

Words to live by

Here are the four principles of hand-washing awareness. Use them and be sure others around you do too.

- **Number 1.** Wash your hands when they are dirty and before eating
- **Number 2.** Do not cough into your hands.
- **Number 3.** Do not sneeze into your hands
- **Number 4.** Do not put your fingers in your eyes, nose or mouth.

Canna Clinic
Medicinal Cannabis Dispensary
Are You Eligible?
604-558-2454
758 East Broadway
www.mycannaclinic.com

A Clinical Research Opportunity for People with GOUT FLARES
My GOUT SYMPTOMS just won't go away.
Qualify for a local research study and you may receive an investigational GOUT medication that's designed to work differently than most other drugs.
No-cost study-related care.
Compensation for time and travel.
Call 866-785-2219
or visit www.GoutTrial.com

Hearty, rich and creamy chowder without excess fat

ROSE REISMAN
for more, visit
rosereisman.com

Traditional corn chowder is usually prepared with excess cream and butter. My version uses evaporated milk. You'll be surprised at how creamy and rich the soup tastes at just 211 calories and 3.7 grams of fat per serving.

Ingredients

- 2 cups corn niblets
- 1 1/2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp finely chopped garlic
- 1/2 cup chopped red bell pepper
- 1 cup peeled and diced potato
- 2 1/2 cups chicken stock
- 1/2 tsp hot chili sauce
- 2 tsp all-purpose flour
- 1 cup canned evaporated milk (2%)
- pinch of salt and pepper
- 3 tbsp chopped parsley

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

1. Lightly coat nonstick skillet with cooking spray and set over medium heat. Sauté corn 8 mins., stirring often until lightly browned. Purée half of corn in food processor. Combine puréed corn with the whole corn in small bowl and set aside.

2. Add oil to large, nonstick pot and set over medium heat. Add onion and garlic and sauté 4 mins. Add red pepper and sauté another 2 mins. Add potato, stock, chili sauce and corn mixture. Bring to a boil, then reduce the heat to low and simmer, covered, for about 15 mins. or until the potato is tender.

3. Whisk flour and milk in a small bowl and gradually add to the soup. Add salt and pepper. Simmer, stirring occasionally for 3 minutes or until slightly thickened and heated through. Serve in bowls and garnish with parsley.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Smarter Snacking

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

We are a nation of snackers and it is a slippery slope.

On a recent trip to France, I noticed the utter lack of a snack.

Oh, sure, the French women have their espresso and rest at three or four in the afternoon, but it is a calorie-free respite that re-energizes.

In North America, we have confused treats and snacks. A snack is a small mouthful of food that nourishes you, on occasion, between meals.

A treat is something sweet or salty that you enjoy but you don't kid yourself that it gives you anything but empty calories (and pleasure).

If you really want to snack well, consider these this afternoon:

- **Green tea or espresso (single shot, unsweetened)**
- **Steamed edamame beans**
- **Hummus**
- **A handful of walnuts**
- **A cup of berries**
- **A tub of yogurt**

Most foods in crinkly packages are treats. Yes, even if they say they only contain 100 calories, they are treats.

Go ahead and enjoy them, but treat them like any other guilty pleasure.

Be aware that they light up your brain but do not really feed your soul or your cells. **THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Add flair to chicken soup with Parmesan dumplings

A basic chicken soup is fine for when you need warmth and comfort.

But what about those particularly blustery fall evenings when fine isn't sufficient? For those nights, this more robust take on the basic chicken soup oozes even more comfort and warmth.

First, amplify the savoury side by sautéing a half pound of mixed mushrooms. And for good measure, add a handful of dried porcini mushrooms.

For starchy comfort, top the soup with pillowy-soft dumplings. And to tie it all together, lace the dumplings with savoury Parmesan.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In bowl, combine porcini mushrooms with 1 cup of boiling water. Set aside.

2. In a large deep pot, heat oil over medium-high. Add the mixed mushrooms and sprinkle lightly with salt. Sauté until browned, about 10 mins. Add shallots and leeks and continue to cook until softened, 8 mins.

3. Add chicken and cook until browned. Add barley, rosemary, thyme, few grinds of black pepper, broth and porcinis with soaking water. Cover and reduce heat to maintain a simmer. Simmer until the barley is tender, about 45 minutes.

4. Meanwhile, prepare dumplings. In bowl, whisk flour, sugar, baking soda, baking powder, salt, black pepper and cayenne. Stir in the Parmesan. In another bowl, whisk eggs and buttermilk, then melted butter. Gently stir liquid ingredients into dry ingredients just combined.

5. Drop dumpling mixture by the tablespoon onto the top of the soup. Cover, bring to a boil and cook for 5 to 7 minutes.

THE ASSOCIATED PRESS

Ingredients

Soup
- 1 oz dried porcini mushrooms, chopped
- 2 tbsp vegetable or canola oil
- 1 lb mixed sliced mushrooms
- Salt
- 2 medium shallots, sliced
- 1 leek, white part only, sliced
- 1 lb boneless, skinless chicken thighs, cubed
- 1/2 cup pearled barley
- 2 tsp minced fresh rosemary
- 1 tbsp minced fresh thyme
- Ground black pepper
- 6 cups low-sodium chicken broth

Dumplings
- 2 1/2 cups all-purpose flour
- 2 tbsp sugar
- 1/2 tsp baking soda
- 1 1/2 tsp baking powder
- 1 tsp salt
- 1/2 tsp ground black pepper
- Pinch cayenne pepper
- 1 cup grated Parmesan
- 2 eggs
- 1 1/2 cups buttermilk
- 1/2 cup (1 stick) butter, melted

Apple cheddar soup. Serve with crusty bread

This rustic soup combines tangy apple, sweet leeks and aged cheddar. Serve with a slice of crusty bread and a green salad for an easy weeknight meal.

1. In a large saucepan over medium-high heat, melt butter. Add apples, leeks, celery, carrots, thyme, rosemary, salt and pepper. Cook, stirring often, until vegetables begin to soften, about 10 minutes.

2. Add water and apple juice; bring to a simmer and cook until vegetables are very tender, about 30 minutes.

3. Working in batches, purée soup in a blender until smooth. Return soup to pot and over medium heat, whisk in cheddar until dissolved. Gently whisk in milk and warm through (do not allow to boil).

THE CANADIAN PRESS/ ONTARIO APPLE GROWERS

Ingredients

- 30 ml (2 tbsp) butter
- 3 apples (McIntosh or Cort land), peeled, cored and chopped
- 250 ml (1 cup) each chopped leeks (white and light green parts only), celery, carrots
- 15 ml (1 tbsp) each chopped fresh thyme and rosemary
- 2 ml (1/2 tsp) each salt and fresh cracked pepper
- 500 ml (2 cups) each water and apple juice
- 500 ml (2 cups) packed grated extra old cheddar cheese
- 250 ml (1 cup) 1 per cent milk

A chilly economic wind blowing through Canada?

Alison on money. The IMF warns of an economic domino effect

YOUR MONEY
Alison Griffiths
money@metronews.ca

Last week the International Monetary Fund (IMF) scolded Canada for "domestic vulnerability" with a softening housing market, a high unemployment rate of 7.3 per cent and record personal debt levels.

Economists point out that at 163 per cent of income, our debt ratio is similar to the Americans before their housing bubble burst.

The IMF shaved its 2012 growth projections for Canada from 2.1 per cent to 1.9 and two per cent next year, down from 2.2 per cent. This compares to global growth predictions of 3.3 and 3.6 per cent in 2012 and 2013.

The IMF worries that "a sharp or sustained decline in house prices could seriously set back the leveraged household sector and domestic demand." In real speak, there's potential for an economic domino effect. A declining housing market puts pressure on family debt, seriously affecting what we buy — a key driver of economic growth.

Lower growth means fewer jobs, especially in the housing sector, which is a huge job creator. It's not a pretty picture.

If you're concerned that the IMF's fears will be born out, try this:

1. Take stock

Where are you vulnerable? Is it your mortgage or personal debt? If the government reduces borrowing by raising interest rates or tightening mortgage insurance or qualification conditions, what will be most affected?

You might lock in an open variable mortgage, as some aren't much lower than a five-year fixed term. You could also pay bi-weekly or make larger payments. Homebuyers shouldn't purchase until a larger down payment is in hand.

2. Cut spending

You can never go wrong here.

Challenge your family to live on a teeny, tiny budget for three months. Cut back holiday plans. Defer any non-essential big-ticket items. Be vigilant about leftovers and don't let food items become stale-dated.

3. Build up cash

Money on hand can soften a blow from the unexpected. Increase your savings by one per cent. Stash change daily. Have a late-fall garage sale or sell things on eBay. Ask for cash gifts this holiday season or gift cards for gas or groceries. Many small steps have a big financial impact.

The sky may not fall, but it doesn't hurt to be prepared.

A frugal approach to cross-border shopping

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

The case for Canadians to shop south of the border is strong these days. ISTOCK IMAGES

I travel quite a bit, both for work and pleasure. Because I like to purchase unique items that are on sale, I hunt for deals while I'm on the road and I'm never afraid to ask for a discount from the posted price.

In June 2012, Canada loosened its duty-free limits, which means in a 24-hour period, a Canadian can return with $200 worth of goods and not pay tax, which is four times higher than previously.

In a 48-hour period or longer, the limit is $800 — twice as high as before.

The case for Canadians to shop south of the border is even stronger when you take into account a strong Canadian dollar and a glaring price gap that simply can't be ignored.

According to a report from BMO published this past summer, U.S. products tend to be at least 14 per cent cheaper.

On top of this, there is greater selection of brands and attractive discounts as the U.S. economy is still struggling.

As a result, Canadians appear to be shopping in the U.S. more often.

Before you head down to the U.S. for a football game and shopping spree, consider these frugal shopping principles.

- Research where to shop (outlet malls or shopping districts), what's on sale, and when the best time to shop is (Black Friday, Thanksgiving, Christmas, spring, summer or fall).
- Don't buy what you don't need and stick to a budget.
- Scour the sale racks for last year's top sellers and items that have just gone out of season (they're probably still 'in' for Canada). Buy high-quality discounted items from bulk distributors.
- Ask whether local taxes qualify for exemption. Sometimes stores will give you tax back right at the till (common in some U.S. states) while other times you have to bring your purchases and receipts to the airport (common in Europe).
- You are legally required to declare and pay tax on your purchases that exceed the exemption limit when you cross the border. Include this in your budget.
- Lastly, determine whether the cost of your trip is worth the savings. If you spend $700 on airfare and a hotel, is it worth saving $200?

Keep in mind that cross-border shopping is hard on local Canadian retailers.

But, according to CBC News, Canadian retailers are responding to the increased U.S. competition by expanding their product offerings, re-evaluating prices and upgrading the curb appeal of their stores. So don't write-off the locals.

Is yours a healthy, happy home?

Advice. Bestselling author Gretchen Rubin is back with another self-help winner. She claims you'll be happier in life if you're Happier at Home

ROMINA McGUINNESS
romina.mcguinness@metro.lu

Gretchen Rubin and her book (below) Happier at Home. DAVE CROS

The moment Gretchen Rubin realized how many elements of a happy life focused on the home, she set about making small changes in her daily routine to help boost her overall happiness.

"If you're not happy at home, it's hard to be happy in your everyday life. Ideally, our home is a place that energizes and calms us, where we can have privacy but also engage with other people. If you're happy at home, you'll have a much stronger place from which to go out into the world," she tells Metro.

Want to be a happy homebody? Here's what Rubin suggests you do.

1. EMBRACE GOOD SMELLS:

"People that suffer from anosmia (loss of the ability to smell) often become depressed. A good smell is a quick fix. It gives you an immediate lift. It's not like eating a cookie but having to count calories or reading a book but needing time. It doesn't have a cost. Just light a scented candle or have a bowl of fresh grapefruit in the kitchen."

2. KISS & HUG:

"People think we act because of the way we feel when really, we feel the way we act. If you act in a loving, way and kiss or hug those you love daily, you can really foster those feelings in yourself. As you're communicating these feelings to somebody else, that person will then feel more beloved. Acting this way will also help drive out negative feelings such as anger or resentment."

3. JUMP!:

"Our home is the symbolic resting place for our body. It's the launching pad of all your routines. Your body is everything — whatever you do, your body will always be there. So exercise better and act more energetic. Do a few jumps a day. Literally. It will put a spring in your step."

4. CLEAR OUT CLUTTER:

"Living in a house where everything is falling into disorder can make you really unhappy. A crowded closet isn't a big deal, yet somehow it can weigh you down. Getting control over the inflow of 'stuff' will make you feel more in control of life in general. Make sure you only have things you need, use and love. Everything else can go."

5. READ THE MANUAL:

"Most people pull and tug at something, try to rip it open and end up getting very frustrated when they fail. But usually you'll notice there's a tab or a little thing you pull to open. This applies to anything — whether you're trying to open a tin of beans or putting together a shelf. Take a few seconds to think, 'is there a way I'm meant to do this?'"

6. TECH:

"Technological devices have a valuable role to play so long as they don't crowd out other things that are more important, like family. You need to create boundaries so that technology doesn't invade your life like a weed.

7. CREATE A LOVE SHRINE:

"Even if you live alone, you have relationships that are a part of you. Making a sort of shrine — which can include anything from music, travel mementos, photo albums or jewelry — that creates a specific place that is full of love. You may want to have a wall of photographs of your friends or of your family to remind you of the things and people that make you happy."

8. GO TO BED:

"Some people think they're too tired to do anything except watch TV or cruise on the Internet. But don't let these activities eat up a lot of your time or you'll stay up late and wake up exhausted. If you were too tired to do anything but watch TV, then go to sleep."

EVER FOREX

Offices in Vancouver, Burnaby, Richmond & Surrey

- Foreign Exchange
- Worldwide Money Transfer
- 24*7 Online Trading

Live Rates: everforex.ca • Toll Free: 1 800 699 4816

USA, EUR, GBP, AUD, NZD, JPY, CNY, THB, TWD, MYR, PHP, SGZ, ZAR

FLIGHT CENTRE Unbeatable

Whistler Christmas Weekend, 2 Nights

from $299 taxes & fees included

INCLUDES Village accom with kitchenette the weekend before Christmas. ADD 3-day Whistler/Blackcomb lift ticket from $237.

1 866 519 5111 | flightcentre.ca

Conditions apply. Ex: Vancouver. Hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #H02790

Racial slur

Mitchell puts Twitter aside for season

Khalif Mitchell is taking a break from Twitter until after the Grey Cup in November.

The B.C. Lions defensive tackle said Monday he has learned a lesson after getting in trouble with his team and the CFL for posting a tweet that contained a racial slur about Chinese people.

"That was just my decision and I decided to make an adjustment," said Mitchell after returning to practice in Surrey.

The Lions disciplined Mitchell by scratching him Friday against Edmonton. He was also fined an undisclosed amount by the CFL.

Mitchell described the Lions' move as "the right decision" under the circumstances.

It wasn't the first time Mitchell, a self-trained pianist who is considered a gentle giant off the field and ferocious on it, has caused controversy this season.

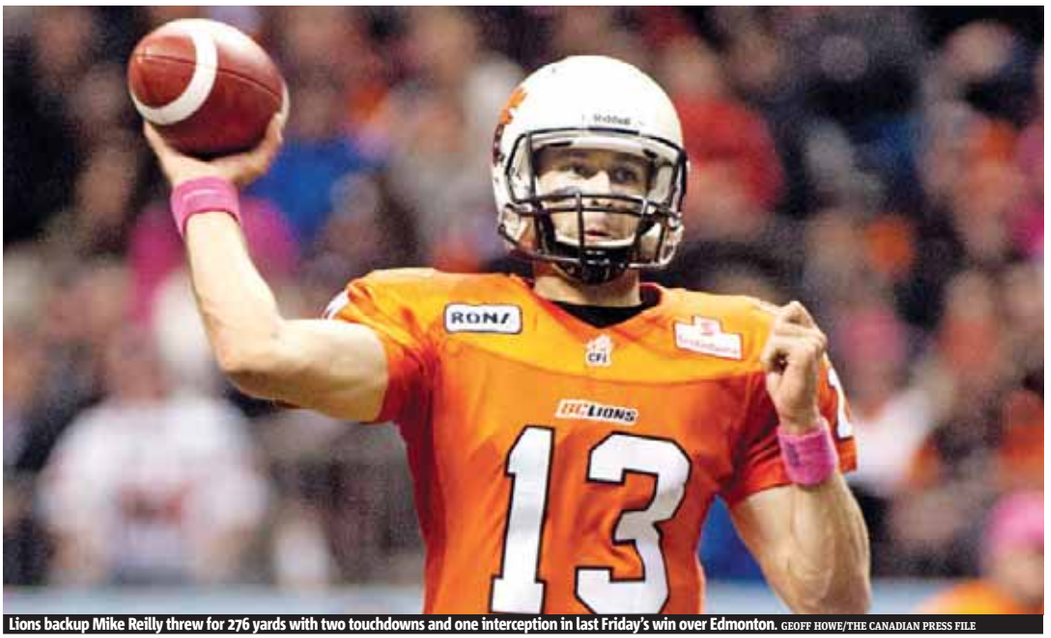
The CFL suspended him for two games for twisting Edmonton offensive lineman Simeon Rottier's arm and causing an elbow injury. He was also fined an undisclosed amount by the league for making throat-slashing gestures in another game against the Eskimos.

THE CANADIAN PRESS

Quoted

"I don't have any regrets because I learned something.... I was hasty to apologize and not hasty to explain my learning process."

Lions defensive tackle Khalif Mitchell



Lions backup Mike Reilly threw for 276 yards with two touchdowns and one interception in last Friday's win over Edmonton. GEOFF HOWE/THE CANADIAN PRESS FILE

Hashtag QB: Reilly embracing spotlight

CFL. Backup riding high after debut, but coach Benevides says Lulay could return on Friday

CAM TUCKER
cam.tucker@metronews.ca

Mike Reilly did a little self-promotion in the wake of his first career CFL start four days ago.

It seems the Lions backup quarterback's impressive performance in a 39-19 win over the Edmonton Eskimos at BC Place was enough to gain a few hundred new followers on his suddenly popular Twitter account, @Rikester13.

Quoted

"There's no doubt about that if Travis is healthy enough to play ... he's got to go play."

Lions head coach Mike Benevides

"I'm always looking for new followers on Twitter. I always have great things to say, so if you're bored out there, you should probably give me a follow," said Reilly after Monday's practice in Surrey.

"I do like to have fun on there, but for the most part it's once or twice a week that I tweet, so I usually try to save up some pretty good material."

Known for his quick wit, Reilly's material on the football field will have to be just as sharp as his online boasts.

It appears as though Reilly will make his second consecutive start in place of Travis Lulay, who continues to deal with a sore shoulder, when the Lions travel to Calgary to face the Stampeders on Friday.

However, Lions head coach Mike Benevides hasn't shut the door on the possibility of playing Lulay, the reigning CFL most outstanding player.

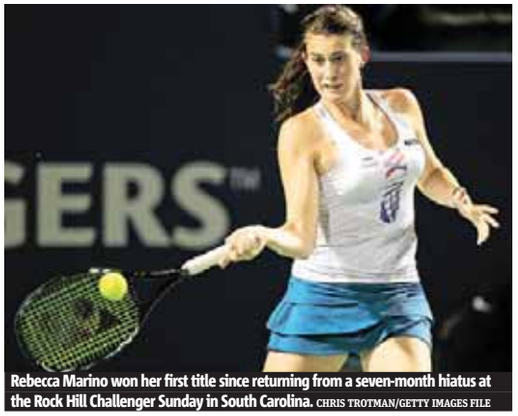
"If (Lulay) turns around to me and he says 'I feel good,' and he can get his arm warm and he can get all the muscles firing as he wants to, he's going to play because he has to," said Benevides.

"It's one of those things. You cannot stay away from the game that long because the speed of the (Western final) on Nov. 18 is going to be fast. You've got to play him."

The Lions could also get Geroy Simon back in the lineup. Simon, the 37-year-old all-time CFL leader in receiving yards, missed the last three games with a hamstring injury, but said he feels healthy enough to play Friday.

"That's the plan," he said.

Marino returns with new perspective



Rebecca Marino won her first title since returning from a seven-month hiatus at the Rock Hill Challenger Sunday in South Carolina. CHRIS TROTMAN/GETTY IMAGES FILE

Time off from tennis has given Vancouver's Rebecca Marino new perspective and renewed energy.

After spending seven months away from the sport, the 21-year-old Marino won the USTA's Rock Hill Challenger on Sunday in South Carolina, defeating Toronto's Sharon Fichman 3-6, 7-6(5), 6-2. It's her first title since 2010, according to Tennis Canada.

Marino's reasons for a prolonged hiatus were due to physical and mental fatigue, according to a Tennis Canada statement made in March.

"I have decided to do what's best for my career and make sure I am fully rested before I return to the courts. Once I am ready to come back, I plan to pick up where I left off, get my ranking back and challenge the best players in the world," Marino said in the statement.

Speaking on a conference call with reporters from across Canada on Monday afternoon, Marino, who last year reached a career-high No. 38 ranking among women's singles in the world, said the time away has given her new perspective.

"It definitely has changed," she said.

"(There) are more things in my life off the court but not too much of a difference."

According to The Canadian Press, Marino has competed in five different tournaments since coming back.

She admitted that her "match competitiveness" was one of the biggest differences when she first returned to the game, and that she may have been a bit rusty at first.

The timing of her comeback is also notable, considering the Australian Open, the first Grand Slam tournament of the 2013 season, is in January.

"I wanted to do it before the end of the year," she said.

Marino is scheduled to compete in Quebec this week at the Saguenay National Bank Challenger. CAM TUCKER/METRO

4 SPORTS

NEED MONEY?
✓No credit checks
✓Fast approvals
Call 1 866 499-5629
And get cash now!!
www.mynextpay.com

Lockout. NHL on players: 'They know how to reach us'

Another day ticked by without progress in the NHL's collective bargaining talks.

The league and NHL Players' Association were each holding firm on their recent proposals Monday and have yet to even make plans for another bargaining session this week.

With a Thursday deadline looming to reach an agreement and salvage an 82-game season, the sides appeared to be at odds over how best to proceed.

"(I'm) not sure there is any reason to meet if there is nothing new to say," deputy commissioner Bill Daly told The Canadian Press in an email. "Our position was communicated to the union pretty clearly last Tuesday and then again on Thursday.

"If they have a desire to meet with regard to the proposal we have on the table, they know how to reach us."

The sides touched base by phone over the weekend following a busy few days that saw each of them table new offers. They had been expected to gather in New York at some point this week.

"They say they want a deal, but then they say they only want to meet if it is on their terms," said Steve Fehr, the NHLPA's special counsel. "Strange. That is not the way to reach an agreement. Bargaining is give and take — not just take."

Last Tuesday, the NHL proposed a 50-50 split of revenues across the board as part of a deal that would see a full regular season begin on Nov. 2. The union countered Thursday with three different proposals, which all moved towards 50-50 over the course of the deal.

The biggest concern for the NHLPA is ensuring all current contracts are honoured in full.

THE CANADIAN PRESS

By the numbers

135

The 37-day lockout has already seen 135 regular-season games wiped off the calendar. The NHL believes there would be enough time to add them back on and play a full season if an agreement could be reached in time to open abbreviated training camps on Friday.

NBA

Foot injury keeps Kobe out of action

Kobe Bryant skipped the Los Angeles Lakers practice Monday to rest his bruised right foot.

Bryant was injured during the third quarter of the Lakers' 99-92 pre-season loss to the Sacramento Kings on Sunday. THE ASSOCIATED PRESS

Kobe Bryant, right, battles with Kings forward Thomas Robinson on Sunday in Los Angeles. THE ASSOCIATED PRESS

NFL

Bears win 4th in a row over Lions

Jay Cutler shook off an apparent rib injury, Brian Urlacher made a key fumble recovery and the Chicago Bears won their fourth straight, beating the Detroit Lions 13-7 on Monday night.

It was certainly not an easy night for the NFC North leaders, but they came away with the win after a week off and possibly buried Detroit (2-4) in the process despite getting a major scare along the way.

The Lions simply never got in gear, and when they had chances they blew them. The biggest came early in the third quarter, when Joique Bell fumbled at the goal line with the Bears leading 13-0. THE ASSOCIATED PRESS

NFL

"You watch film and not everybody was playing hard every snap. And that's unacceptable."

Buffalo Bills defensive end Chris Kelsay on Monday after a 35-34 loss to Tennessee, saying it's time for players to start holding each other accountable.

Giant comeback: San Fran topples the Cards in Game 7

NLCS. Detroit Tigers to travel to San Francisco for Game 1, with Giants back in World Series two years after winning it all

Game 7

Giants	Cardinals
9	0

In a post-season full of twists and turns, the San Francisco Giants are headed back to the World Series after a big comeback against the defending champs.

Hunter Pence got the Giants going with a weird double, Matt Cain pitched his second clincher of October and San Francisco closed out Game 7 of the NL championship series in a driving rainstorm, routing the St. Louis Cardinals 9-0 Monday night.

San Francisco won its record-tying sixth elimination game of the post-season, completing a lopsided rally from a 3-1 deficit.

"These guys never quit," manager Bruce Bochy said. "They just kept believing and they got it done."

The Giants, who won it all in 2010, will host Justin Verlander, Miguel Cabrera and the Detroit Tigers in Game 1 on Wednesday night.

Verlander is set to pitch Wednesday's opener. Bochy insisted before Monday's game he had not planned any further in advance.

After falling behind 3-1 in the series at Busch Stadium, the Giants outscored the wild-card Cardinals 20-1 over the final three games behind stellar starting pitching from Barry Zito, Ryan Vogelsong and Cain.

They also benefited from some strange bounces.

On Pence's double that highlighted a five-run third, his bat broke at the label on impact, then the broken barrel hit the ball twice more. That put a rolling, slicing spin on the ball and caused it to change directions — leaving shortstop Pete Kozma little chance to make the play. Kozma broke to his right, figuring that's where the ball would go, but it instead curved to left-centre.

Scutaro named MVP

- Marco Scutaro looked up through the pouring rain, caught Matt Holliday's popup for the final out and punched his ticket to the World Series for the first time at age 36.
- In an NL championship series that saw Scutaro absorb a hard and admittedly late slide from Holliday that strained the second baseman's left hip, what a fitting ending.
- Scutaro tied the NLCS record with 14 hits to earn MVP honours.

Injured closer Brian Wilson, with that out-of-control bushy black beard, danced in the dugout and fans in the sellout crowd of 43,056 kept twirling their orange rally towels even through rain in the late innings — a downright downpour when Sergio Romo retired Matt Holliday on a popup to Scutaro to end it.

"This rain never felt so good," Scutaro said.

THE ASSOCIATED PRESS

Marco Scutaro of the San Francisco Giants holds up the MVP trophy after the Giants won the National League championship series over the St. Louis Cardinals on Monday in San Francisco. CHRISTIAN PETERSEN/GETTY IMAGES

Tour de France record book in tatters

Lance Armstrong speaks before a Livestrong charity event on Sunday in Austin, Texas. COOPER NEILL/GETTY IMAGES

Seven lines of blanks. From 1999 to 2005. There will be no Tour de France winner in the record book for those years.

Once the toast of the Champs-Élysées, Lance Armstrong was formally stripped of his seven Tour titles Monday and banned for life for doping.

As far as the Tour is concerned, his victories never happened. He was never on the top step of the podium. The winner's yellow jersey was never on his back.

The decision by the International Cycling Union marked an end to the saga that brought down the most decorated rider in Tour history.

Armstrong camp quiet

Neither Armstrong nor his representatives had any comment about Monday's decision, but the rider was defiant in August when he chose not to fight USADA in one of the agency's arbitration hearings.

- He argued the process was rigged against him.

"Lance Armstrong has no place in cycling, and he deserves to be forgotten in cycling," said Pat McQuaid, president of the governing body. "Make no mistake, it's a catastrophe for him, and he has to face up to that."

It's also devastating for Tour de France organizers, who have to carve seven gaping holes from the honour roll of the sport's biggest event and airbrush Armstrong's image from a sun-baked podium on the Champs-Élysées.

"We wish that there is no winner for this period," Tour director Christian Prudhomme said Monday in Paris. "For us, very clearly, the titles should remain blank. Effectively, we wish for these years to remain without winners."

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
A breakthrough of some kind is likely today. It may or may not be financial in nature but it will certainly be something that makes your life simpler on a material level. You deserve it, so enjoy it.

♉ Taurus
April 21 - May 21
You get along with most people, but you also have a tendency to take over their lives and make decisions for them. That is something you need to curtail today, both for their benefit and for your own.

♊ Gemini
May 22 - June 21
The Sun's change of signs means you need to slow down a bit. You have started many new things in recent weeks and your main task now is to consolidate what you have gained. Don't be too greedy.

♋ Cancer
June 22 - July 23
The Sun moves into the most dynamic area of your chart today, which means the next few weeks are going to be special. You will find that the right opportunity arrives at just the right time. The fun days are here.

♌ Leo
July 24 - Aug. 23
It may seem to everyone else that you don't have a care in the world, but on the inside you can feel that something is missing. Start thinking of ways you can bring more meaning to your existence. It's important.

♍ Virgo
Aug. 24 - Sept. 23
You have been avoiding a certain person because you know they are going to say things you don't want to hear. That's too bad because at some point today they will corner you and make you listen.

♎ Libra
Sept. 24 - Oct. 23
You may be suspicious if someone offers you something for nothing today but the planets indicate you won't be cheated, so lighten up a little. Not everyone is out to deceive you, so don't deceive yourself.

♏ Scorpio
Oct. 24 - Nov. 22
Forget about everything that has gone before and focus on all the good things that are sure to come your way over the next few weeks. The Sun in your sign makes all things possible.

♐ Sagittarius
Nov. 23 - Dec. 21
The most important thing now is that you are totally honest with yourself. Don't try to pretend you have done well when you know it isn't true. It's not about judgment, it's about getting it right next time.

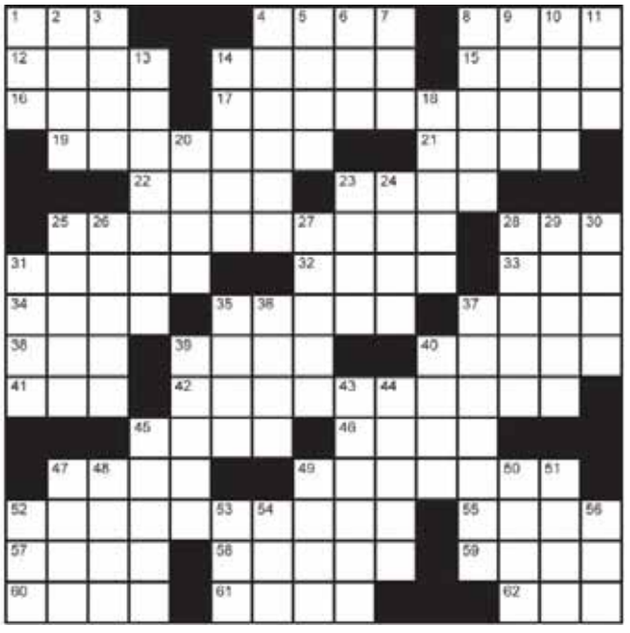
♑ Capricorn
Dec. 22 - Jan. 20
Even if you are the kind of Capricorn who does not like joining organizations, you will find it easy to get involved over the next few days. There are people out there who share your attitudes and ambitions. Find them.

♒ Aquarius
Jan. 21 - Feb. 19
The Sun's journey across the career angle of your chart means you should focus on your work and not worry too much about what else might be going on in your life. Put ambition first for a while.

♓ Pisces
Feb. 20 - March 20
Now that the financial pressure is beginning to ease, you may be tempted to spend a bit more money. That's fine but don't go over the top and get yourself into debt again. Keep that belt tight just a little bit longer. SALLY BROMPTON

A Few Teams Are in Here

BY MICHAEL WIESENBERG



Across
1. Cable channel that broadcast *The Sopranos*
4. "Quit it!"
8. Lubricates
12. Alero or Cutlass, in brief
14. Mother of William and Harry
15. Thought
16. Slave away
17. Put at risk
19. The Gulf Islands are in BC's Strait of ___
21. Stink
22. Ancient France
23. Animal den
25. Calgary CFL team
28. "I wandered lonely ___ cloud": start of Wordsworth's "Daffodils" (2 wds.)
31. Vancouver CFL Team
32. Like Bill Gates or Warren Buffet
33. "My gal" of song
34. Overnight stops
35. Military bigwigs
37. Boat
38. Chess or checkers pieces
39. Boast
40. MTV audience
41. Female sheep
42. BC's wooded tropical region (2 wds.)
45. Receives
46. Regrets
47. Revealed
49. Northwest ___: Canadian sea route only recently open to regular marine shipping
52. They handle our mail (2 wds.)
55. Armed conflicts
57. Aardvark's meal
58. Buenos ___, Argentina
59. Audible exhalation
60. Summer drinks
61. Clairvoyant one
62. Foot digit

Down
1. Fresh off the grill
2. Electronic journal
3. *Garfield* comic strip dog
4. 28-Across's quotation, e.g.
5. Spanish appetizer
6. Zero, ___, two, ...
7. ___ for the course
8. Edmonton NHL team member
9. Not doing anything
10. Chive relative that's the Welsh emblem
11. Unhappy
13. Campaign poster inscriptions
14. Unearth (2 wds.)
18. From the Emerald Isle
20. Bashes into
23. What visitors to Hawaii often receive
24. Rainbow shapes
25. Muscular strength
26. 1,000 kilograms
27. Chosen at random, as one's lottery ticket
28. Barbecue residue
29. Blessed one
30. European mountains
31. Green citrus fruit
35. Spoiled kid
36. Kings: Fr.
37. Teeter-totters
39. Belief system
40. Very: Fr.
43. The longest river in BC, it has its mouth at Vancouver
44. Boots from office
45. Greenskeepers cut it
47. Toronto group that backed Bob Dylan as The Hawks; with "The"
48. Put chips into a poker pot prior to receiving cards
49. Skin opening
50. A horse's canter or gallop
51. Therefore
52. Rescuers of stalled cars
53. Small batteries
54. "Easy as ___!"
56. That girl

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	4		9		2		1	
6								8
		9		4		2		
	6	3		7		1	8	
	1			2			4	
	5	7		9		6	3	
		6		5		8		
1								3
	9		3		8		6	

Yesterday's Sudoku

Today 9°/4° Showers 60%
Wednesday 9°/5° Showers
The Weather Network Download WeatherEye to your smartphone.
©The Weather Network 2012

VancouverGold
Paying you the Highest Prices, Guaranteed.
Terms and Conditions can be found at www.VancouverGold.ca
Vancouver • 604.764.5134 • 254 West Broadway
Mon-Fri 9am-6pm , Sat 10am-5pm, Sun 11am-4pm
Surrey • 604.582.GOLD (4653) • 120-10362 King George Hwy
Mon-Fri 9am-5pm , Sat 10am-5pm
NEW! Richmond • 604.273.GOLD (4653) • 5951 No 3 Rd
Mon-Fri 10am-6pm, Sat 10am-5pm, Sun Closed
NEW! North Vancouver • 604.984.GOLD (4653) • 65 Lonsdale Ave
Mon-Fri 10am-6pm, Sat 10am-5pm, Sun Closed
5% Cash Bonus on Jewellery with this Coupon
Expires: November 6/2012. One coupon per transaction.
Honest Friendly Transparent
www.vancouvergold.ca

BUSINESS

Business Management
Accounting & Payroll
Administrative Assistant
Business Administration
International Trade
Legal Assistant
Marketing & Sales
Medical Office Assistant
Sales Professional

HEALTH AND DEVELOPMENT

Practical Nursing
Community Support
Social Services
Assisted Living
Health Care Assistant
Health Unit Clerk
Live-In Caregiver
Pharmacy Assistant
Spa Body Therapy

TOURISM AND HOSPITALITY MANAGEMENT

International Hospitality
Tourism & Hospitality
Food & Beverage
Hotel Management
Convention Planner
Resort Coordinator
Cruise Coordinator

EDUCATION

Early Childhood Education
Basic & Post Basic

TRADES

Construction Electrician
Levels 1, 2 & 3

FIND YOUR BEST FIT

Before embarking on a sucessful career, you need to know what industry and general position you are interested in. Speaking with one of our career advisors will help you outline your career goals and what fields are best suited to you. You can even tour the campus, speak with current students, and find out where our graduates are now. A new career and life path is only a meeting away.

12 CAMPUSES IN BRITISH COLUMBIA

CALL 310-HIRE OR VISIT SPROTTSHAW.COM